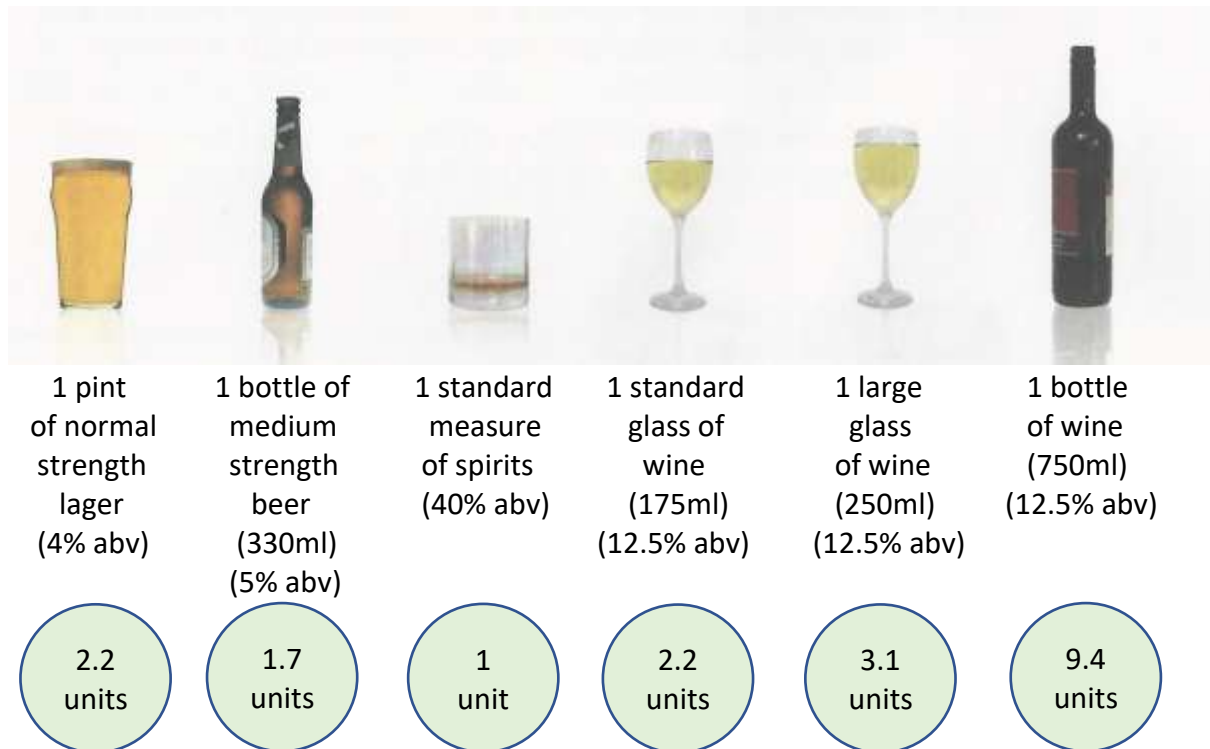


## Alcohol Advice

### What is a unit?

1 unit is equal to 10ml of pure alcohol. The number of units of alcohol in a drink depends on the size and strength of the drink.



- Women
- Should not regularly drink more than 2-3 units per day and no more than 14 units per week
  - **Pregnant** women or women trying to conceive should avoid drinking alcohol. There is no 'safe' time for drinking alcohol during pregnancy and there is no 'safe' amount. Drinking no alcohol during pregnancy is the best and safest choice.
- Men
- Should not drink more than 3-4 units per day and no more than 21 units per week

**Everyone should have at least two alcohol-free days per week**