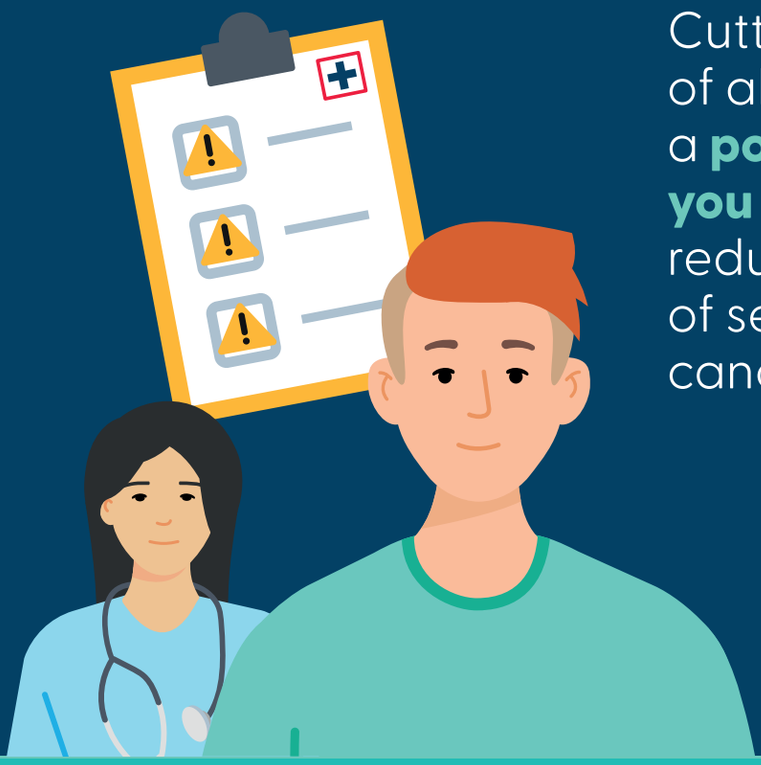
Could alcohol be affecting your health?



Cutting back on the amount of alcohol you drink can have a **positive impact on the way you look and feel**. It can also reduce your long-term risks of serious illnesses, such as cancer, too.

To keep health risks from alcohol low, it is safest for both men and women to drink no more than 14 units a week, spread over three or more days with several drink-free days, and no bingeing. **This is what 14 units of alcohol looks like...**

(568ml/4%) **(175ml/13%)**

For more information, advice and tools to help you reduce your drinking, download the free MyDrinkaware app.

The drinks displayed are intended as a guide only. Always check the label for the ABV (alcohol by volume) to find out the alcohol content .

drinkaware
change starts with you

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