



# ALCOHOL & you

## • HOW MUCH • YOU DRINK • IS YOUR • CHOICE...

New national guidelines for alcohol consumption have been developed based on current and best available scientific research and evidence.

A standard drink contains 10 grams of pure alcohol.

Alcohol can affect your liver or cause brain damage, heart disease, high blood pressure and increase the risk of many cancers.

## WHAT IS THE RECOMMENDED AMOUNT?

- Drink no more than two standard drinks on any day, in order to reduce your risk of harm from alcohol-related disease or injury over your lifetime
- Drink no more than four standard drinks on a single occasion, in order to reduce the risk of alcohol-related injury arising from that occasion

## TIPS TO REDUCE THE RISK TO YOUR HEALTH WHEN DRINKING

- Set limits for yourself and stick to them
- Start with non-alcoholic drinks and alternate with alcoholic drinks
- Drink slowly
- Try drinks with a lower alcohol content
- Eat before or while you are drinking
- If you participate in rounds of drinks include some non-alcoholic ones

**MORE INFORMATION**  
[www.alcohol.gov.au](http://www.alcohol.gov.au)