

## ALCOHOL

A standard drink contains 10 grams of alcohol. However, the size of a 'standard' drink can vary according to the type of alcohol and where it is being served.

### One standard drink equals:

- 285ml or approximately one middy of regular beer (4.9% alcohol content)
- 425ml or one schooner of light beer (2.7% alcohol content)
- 100 ml or one small glass of table wine (12% alcohol content)
- 30ml or one nip of spirits plus mixer (40% alcohol content).

Cocktails can contain as much alcohol as five or six standard drinks, depending on the recipe.

To minimise risks to your health and to gain any longer-term benefits, try to follow these guidelines:

**Men** should drink no more than 4 standard drinks a day, on average and never more than 6 standard drinks in one day.

**Women** who are not pregnant should drink no more than 2 standard drinks a day, on average and never more than 4 standard drinks in one day.

**Everyone should have** 1 or 2 alcohol-free days every week.

### Here are some tips if you need to cut back on your alcohol:

- Don't go out with people who make you feel uncomfortable if you're not drinking.
- Don't guzzle. Take long breaks between drinks.
- Try alternating alcoholic beverages with non-alcoholic drinks, like diet soft drink, mineral water or juice.
- Don't keep alcohol at your home. It'll be easier to resist if it's not there.
- Don't go to places where you'll be bored if you're not drinking or where you'll feel uneasy if you don't have a drink in your hand.
- Try keeping a drinking diary. Write down how many drinks you consume over a month-long period and how much it costs you. When you realise how much money you're spending on alcohol, it should give you incentive to cut down even more.
- Don't drink when you are angry or upset or have had a bad day. Look for other ways to relax and handle the stress.