



Panel 2

A standard drink contains approximately 10 grams of pure alcohol.

The number of standard drinks in any container will depend on the **alcohol concentration** of the drink and the size of the container.

All packaged alcoholic drinks have to clearly display the number of standard drinks in the container on the label.

It is important to note that **drinks served by the glass** are not always served in standard drink sizes, particularly glasses of wine.

Panel 3

Alcohol drinking guidelines for men:

To avoid harm in the long-term	To avoid harm from drinking on any one day
No more than 28 standard drinks in a week On average no more than 4 standard drinks a day One or two alcohol free days a week	Up to 6 standard drinks a day no more than 3 days a week

These guidelines may not apply to you - see panel 5

Panel 4

Alcohol drinking guidelines for women:

To avoid harm in the long-term	To avoid harm from drinking on any one day
No more than 14 standard drinks in a week On average no more than 2 standard drinks a day One or two alcohol free days a week	Up to 4 standard drinks a day no more than 3 days a week

















These guidelines may not apply to you - see panel 5

Panel 5

Drinking at these levels is **NOT recommended** for people who:

- are doing skilled activities such as driving, water sports or using machinery. If you are driving, you should limit your drinks and always stay below the legal Blood Alcohol Concentration level.
 - These guidelines are also not recommended if you're:
 1. under 18
 2. pregnant
 3. on medication
 4. have a condition made worse by drinking such as high blood pressure.
 - The levels set in the guidelines may be too high for people of below-average body size (ie below 60kg for men and 50kg for women).
- If you fit into any of these categories, see your GP for information on appropriate drinking limits.

For more information on the drinking guidelines and standard drinks, go to www.dao.health.wa.gov.au or to talk to someone about your drinking call the confidential Alcohol and Drug Information Service on **9442 5000**, (country callers) **1800 198 024** or speak to your GP.

															
1.5	1	0.8	1	0.7	0.5	1.5	1.5	1	22	0.9	1.5	1	1.8	7	38
375ml Full Strength Beer 4.9% Alc./Vol	375ml Mid Strength Beer 3.5% Alc./Vol	375ml Light Beer 2.7% Alc./Vol	285ml Middy Full Strength Beer 4.9% Alc./Vol	285ml Middy Mid Strength Beer 3.5% Alc./Vol	285ml Middy Light Beer 2.7% Alc./Vol	375ml Pre-mix Spirits 5% Alc./Vol	340ml Alcoholic Soda 5.5% Alc./Vol	30ml Spirit Nip 40% Alc./Vol	700ml Bottle of Spirits 40% Alc./Vol	60ml Port/Sherry Glass 18% Alc./Vol	170ml Sparkling Wine/Champ 11.5% Alc./Vol	100ml Wine 12% Alc./Vol	180ml Average Restaurant Serve of Wine 12% Alc./Vol	750ml Bottle of Wine 12% Alc./Vol	4 Litre Cask Wine 12% Alc./Vol

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