

"Fiona Feary"

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cc

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PM

Subject comment on alcohol consumption guidelines [No  
Protective Marking]

i would just like to make the comment that the guidelines recommending safe levels of alcohol consumption in terms of the number of "standard drinks" that can be safely consumed are misleading. i am a 48 year old woman and most people i know consider that a standard drink refers to a glass of wine, which in the average household is usually closer to 200 ml than 100, or a can of beer or a schooner, which greatly exceeds the standard drink measure equivalent to a middie of beer. i think that the recommendations on safe consumption of alcohol should be overhauled and a new terminology to describe measurement of safe doses be implemented. call a spade a spade. drop the whole "standard drink" reference; a standard drink to most people is a glass of wine. most people i know assume this means there are 3-4 standard drinks in a bottle of wine. instead of telling people they can "safely" drink two standard drinks, tell them they can only have one glass of wine. or perhaps refer only to mls or tablespoons full. fiona feary [REDACTED]

particular number of "drinks" of alcohol