

Alcohol Guidelines

Australian guidelines to reduce
health risks from drinking alcohol

1: HEALTHY ADULTS

Drink no more than
10 standard drinks a **week**



AND

no more than 4 standard drinks
on **any one day**



to reduce the risk of harm from alcohol.

The less you drink, the lower
your risk of harm.

2: CHILDREN AND PEOPLE UNDER 18 YEARS OF AGE

Should not drink alcohol



to reduce the risk of harm from alcohol.

3: WOMEN WHO ARE PREGNANT OR BREASTFEEDING

Should not drink alcohol



to prevent harm from alcohol
to their unborn child or baby.