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**24/7  
ALCOHOL  
AND DRUG  
SUPPORT**

 **1800 177 833** (free call)

**Understanding**

# Australian Alcohol Guidelines



**Queensland  
Government**

## ➤ Australian Alcohol Guidelines.

Alcohol affects everyone in different ways and it's important to know that drinking alcohol is never completely safe. The Australian Alcohol Guidelines\* recommend:










- **Healthy adults** should drink no more than **10 standard drinks** in a week, and no more than **4 standard drinks** on any one day.
- **People under 18, and women who are pregnant, planning a pregnancy, or breastfeeding** should not drink any alcohol.

\*Australian Guidelines to Reduce Health Risks from Alcohol (NHMRC, 2020)

## ➤ Standard Drink Guide.

Counting the number of standard drinks is the easiest way to keep track of how much alcohol you are drinking; one standard drink contains 10 grams of pure alcohol. The label on the container or pack shows the number of standard drinks.

The table below contains approximate measures only.

Beer			Wine		Spirits		Cider	
Low Strength	Mid Strength	Full strength	Red / White	Sparkling	Shot	Pre-mix can	Pot	Bottle
								
2.7% alc/vol	3.5% alc/vol	4.5% alc/vol	12% alc/vol	12% alc/vol	40% alc/vol	5% alc/vol	5% alc/vol	5% alc/vol
285ml (pot)	375ml (can)	285ml (pot)	100ml	100ml	30ml	375ml	285ml (pot)	375ml (bottle)
<b>0.6</b>	<b>1.0</b>	<b>1.0</b>	<b>1.0</b>	<b>1.0</b>	<b>1.0</b>	<b>1.5</b>	<b>1.1</b>	<b>1.5</b>

### Need to know more?

Adis 24/7 Alcohol and Drug Support is a confidential support service for people in Queensland with alcohol and other drug concerns, their family and friends, and health professionals

**Talk to us. Anytime, anywhere.**



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