

# NEW GOVERNMENT ALCOHOL GUIDELINES FOR MEN & WOMEN

You wouldn't regularly drink more  
than 14 units per week

This means that you shouldn't drink more than this amount of wine

**175ml glasses**  
of 13% wine



...or this amount of lager or ale

**568ml pints**  
of 4% lager or ale



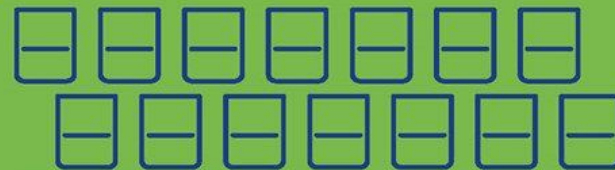
...or this amount of cider

**568ml pints**  
of 4.5% of cider



...or this amount of spirits

**25ml glasses**  
of 40% spirits



Drinking alcohol to excess is linked with mouth cancer and the risk greatly increases for those who drink and smoke. It is very important that you visit the dentist regularly for an oral health check.



#MouthCancerAction



[www.mouthcancer.org](http://www.mouthcancer.org)