



SENSIBLE DRINKING GUIDELINES (Last updated September 2018)

Recommendations on drinking levels considered “minimum risk” for men and women exist in many countries globally. Official guidelines on alcohol consumption are usually produced by a government department, public health body, medical association or non-governmental organization, such as the World Health Organisation (WHO).

Official drinking guidelines are issued by governments and public health entities to advise on levels of alcohol consumption considered “safe”, “responsible,” or “low-risk”. They do not apply to those under the legal drinking age or to pregnant women. Those on medication or with a history of illness should consult their GP for specific advice. Some guidelines suggest one or two alcohol free days a week. Visit the websites cited for full country guidelines.

Information included in guidelines offers recommendations on low-risk drinking levels for men and women, may also define a standard drink or standard drink which differ in each country) and offer advice to particular populations deemed to be at an increased risk for harm.

Standard drinks summary

Official “drinks” or “units” generally contain between 8 and 14 grams of pure ethanol, although the measure varies among countries. There is no consensus internationally on a single standard drink size.

Means of tracking how much alcohol people are drinking can be a useful tool for those serving alcohol, as well as for those consuming it. In a number of countries around the world, drinks are generally served in well-defined amounts at restaurants and bars. From a commercial perspective, this allows servers or retailers to monitor how much alcohol is being dispensed and ensures that drink sizes do not vary significantly across venues. For licensing authorities, standard measures are a useful tool for tracking sales. The sizes of servings are largely shaped by local customs and culture.

The strengths of different types of beverage alcohol vary significantly, and using standard measures allows for uniformity. Thus, in terms of the alcohol it contains, a standard drink or standard drink will be the same—regardless of whether it contains beer, distilled spirits, wine, or a mix of any of these beverages.

NB: Many countries have a maximum recommended gram intake per day without defining standard drink size. Some countries are not listed, where the consumption of alcohol is forbidden, for religious reasons, for example.

For the many countries where there are no official Government guidelines, it is recommended that the Internationally recognised World Health Organisation low risk responsible drinking guidelines are followed. Which are:

- (2) Women should not drink more than two drinks a day on average
- (3) For men, not more than three drinks a day on average
- (4) Try not to exceed four drinks on any one occasion
- (0) Don't drink alcohol in some situations, such as when driving, if pregnant or in certain work situations and abstain from drinking at least once a week. Men or women who consistently drink more than these recommended levels may increase risks to their health.

International responsible drinking guidelines

Country	Unit/standard drink	Recommended guidelines for adult 'low risk' consumption – Maximum levels in grams of alcohol	Guidelines for the young, elderly and pregnant or breastfeeding mothers
Argentina	N/A	<p>Ministry of Health - Dietary guidelines for the Argentinian population</p> <p>Consumption of alcohol should be responsible. Always avoid alcohol when driving.</p> <p>A responsible adult consumption is a maximum of two drinks for men and one drink for women.</p> <p>Failure to drink responsibly causes serious damage and health risks.</p> <p>http://www.msal.gob.ar/ent/index.php/informacion-para-ciudadanos/menos-sal--vida/482-mensajes-y-grafica-de-las-guias-alimentarias-para-la-poblacion-argentina</p> <p>Consumer advice website</p> <p>Some advice via: www.vivamosresponsablemente.com</p>	<p>Children, adolescents and pregnant women should not consume alcohol.</p>
Australia	10g	<p>Australian Guidelines to Reduce Health Risks from Drinking Alcohol (National Health and Medical Research Council Guidelines)</p> <p>For healthy men and women:</p> <p>Drinking no more than two standard drinks per day (20g) reduces the lifetime risk of harm from alcohol-related disease or injury.</p> <p>Drinking no more than four standard drinks (40g) on a single occasion reduces the risk of alcohol-related injury arising from that occasion</p> <p>http://www.nhmrc.gov.au/health-topics/alcohol-guidelines</p>	<p>For children and young people under 18 years of age, not drinking alcohol is the safest option.</p> <p>Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and not drinking in this age group – under 15 years – is especially important.</p> <p>For young people aged 15 to 17 years, the safest option is to delay drinking for as long as possible.</p> <p>For women who are pregnant or planning a pregnancy and women who are breastfeeding, not drinking is the safest option.</p>
Austria	8g*	<p>Federal Ministry for Labour, Health and Social Affairs</p> <p>Men: No more than 24g per day and 21 standard drinks of 8g per week</p> <p>Women: No more than 16g/day and 14 standard drinks of 8g per week</p> <p>Hazardous drinking is defined as consuming 60g/day or more for men and 40g/day or more for women.</p> <p>In certain situations such as driving, at work or in pregnancy people should abstain from alcohol completely.</p> <p>At least two days a week should be alcohol free.</p> <p>http://bmg.gv.at/home/Schwerpunkte/Drogen_Sucht/Alkohol</p> <p>Factsheet 2017</p> <p>https://www.bmgf.gv.at/cms/home/attachments/6/4/4/CH1039/CMS1493800574040/factsheet_dialogoche_alkohol.pdf</p> <p>* österreichischen Standardglaseinheiten = 20g</p>	<p>The guidelines advise pregnant women to avoid alcohol.</p>

		angelsächsische Standardglaseinheiten = 8g	
Belgium		Belgian Public Health Food Safety and environment Do not consume more than 14 standard drinks per week Do not consume more than 21 standard drinks per week	Do not consumer alcohol if you are pregnant
Bosnia and Herzegovina	10g	Ministry of Health Men: No more than 20g a day Women: No more than 10g per day http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/bosnia-and-herzegovina/en/	Pregnant women should refrain from drinking alcohol.
Bulgaria	N/A	Ministry Of Health National Center Of Public Health Protection Food based dietary 2006 For adults, aged 18 and over, No more than the age of 65: Men: No more than 16g per day Women: No more than 8g per day The advice is not to drink, but if you consume alcohol - the daily intake should be no more than moderate quantity. Prefer low-alcohol drinks. Consume alcohol with foods and slowly. http://ncphp.government.bg/files/hranene-en.pdf	Alcoholic beverages should not be consumed by pregnant women, children and adolescents, individuals with certain medical conditions, as well as by persons engaged in activities imposing attention and coordination.
Canada	13.6g	Canadian Centre on Substance Abuse – Low Risk Alcohol Drinking guidelines Reduce your long-term health risks: Men: No more than 15 drinks a week, with no more than 3 drinks a day most days. Women: No more than 10 drinks a week, with no more than 2 drinks a day most days Plan non-drinking days every week to avoid developing a habit. Reduce your risk of injury and harm by drinking no more 4 drinks (for men) and 3 drinks (for women) on any single occasion. http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx Consumer advice website - Éduc Alcool - 2,3,4,5 or 0 2 Women who want to drink responsibly – and for the health benefit after menopause – should have no more than TWO drinks a day. 3 Men who want to drink moderately – and for the health benefit after age 40 – should have no more than THREE drinks a day. 4 To avoid intoxication and the associated complications, women should have no more than FOUR drinks on a single occasion. 5 Men who wish to avoid intoxication and the associated complications should have no more than FIVE drinks on a single occasion.	If you are pregnant, planning to become pregnant, or before breastfeeding, the safest choice is to drink no alcohol at all. If you are a child or youth, you should delay drinking until your late teens. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1–2 drinks at a time, and never more than 1–2 times per week Youth in their late teens to age 24 years should never exceed the daily and weekly limits

		<p>0 A good habit: To avoid any kind of habituation or dependency, everyone – men and women – should have NO alcoholic drinks at least one day a week.</p> <p>For women of child-bearing age, do not drink alcohol from the time you decide to become pregnant, or if you think you might be pregnant.</p> <p>www.educalcool.gc.ca</p>	
Croatia	10g	<p>Ministry of Health - Dietary Guidelines for adults</p> <p>Men: No more than 20g per day. Women: No more than 10g per day.</p> <p>http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/croatia/en/</p>	
Cyprus	N/A	<p>Ministry of Health – Nutrition and exercise guidelines</p> <p>Men: No more than 2 drinks per day. Women: No more than 1 drink per day.</p> <p>http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/cyprus/en/</p>	
Czech Republic	N/A	<p>National Institute of Public Health</p> <p>The recommendations are for healthy adults. Men: No more than 24g per day. Women: No more than 16g per day. No more than 40g per occasion. 2 days per week without alcohol.</p> <p>www.szu.cz/.</p>	
Denmark	12g	<p>National Board of Health, Feb 2015</p> <p>No alcohol is safe for your health Do not drink alcohol for the sake of your health</p> <p>Low risk: Men: No more than 14 drinks per week Women: No more than 7 drinks per week High risk: Men more than 21 drinks per week Women: more than 14 drinks per week Stop before 5 drinks on the same occasion</p> <p>www.sst.dk and www.goda.dk/</p>	<p>Avoid alcohol if you are pregnant. Avoid alcohol as a precaution if you are intending to become pregnant - Be especially careful with alcohol if you are older.</p> <p>The National Board of Health recommends that children under the age of 16 years should not drink alcohol. Young people between 16 and 18 years should drink as little as possible.</p>
Estonia	10g	<p>Estonian National Institute for Health Development</p> <p>Men: No more than 40g per day Women: No more than 20g per day Each week have at least 3 days free of alcohol.</p> <p>http://www.alkoinfo.ee/et/kogused/mis-on-alkoholiuhik</p>	<p>Pregnant or breastfeeding women, children and adolescents, are advised to avoid alcohol.</p>
Finland	12g	<p>Finnish nutrition recommendations 2015</p> <p>Both daily drinking and drunkenness should be avoided</p> <p>Alcohol is unlikely to be a health hazard if the use does not exceed this level:</p> <p>Men: not more than 20g per day. Women: not more than 10g per day.</p> <p>Moderate risk</p> <p>Constantly more than 14 doses per week for men</p>	<p>Children and young people and pregnant and nursing women should not use alcohol at all</p>

		<p>Constantly more than 7 doses per week for women</p> <p>High Risk</p> <p>Weekly 23-24 doses or more for men</p> <p>Weekly 12-16 doses or more for women</p> <p>Binge drinking (more than 5-6 servings) should be avoided</p> <p>For older people, alcohol use must be assessed in relation to health and medication.</p> <p>http://www.julkari.fi/bitstream/handle/10024/129668/TT_Alkoholinriskit_PAINO.pdf?sequence=1</p> <p>Nordic nutritional recommendations</p> <p>Alcohol should be no more than 5% of energy intake</p> <p>http://www.ravitsemusneuvottelukunta.fi/files/images/vrn/2014/ravitsemussuosituksset_2014_fi_web.pdf</p>	
France	10g	<p>Public Health France and Inca</p> <p>There is no clear threshold for consumption that would certainly limit the risks to health throughout life. However, an expert opinion from Public Health France and Inca (1) has attempted to define acceptable risks and proposes a single benchmark for both sexes: 10 standard drinks per week and no more than 2 standard drinks per day.</p> <p>These same experts recommend having days in the week without consumption</p> <p>http://www.alcool-info-service.fr/alcool/evaluer-consommation-alcool/consommation-a-risque#.WRIOQfnvRZ</p>	In general, the safest option is to not consume alcohol throughout pregnancy and breastfeeding
Germany	12g	<p>German Nutrition Society - DACH reference values</p> <p>As acceptable amount of alcohol is currently 10 g / day for healthy women and 20 g / day are considered for healthy men. The indication in g / day should not be construed as a recommendation to drink alcohol every day.</p> <p>Consumer advice website</p> <p>Men: No more than 2 standard drinks per day (24g).</p> <p>Women: No more than 1 standard drink per day (12g).</p> <p>Two alcohol free days per week are recommended for both men and women.</p> <p>http://www.kenn-dein-limit.de/alkohol/risikoarmer-alkoholkonsum/tipps-und-regeln/</p>	No alcohol for children. No alcohol in pregnancy or while breastfeeding.
Greece	10g	<p>Men: No more than 3 standard drinks per day (30g).</p> <p>Women: No more than 2 standard drinks per day (20g).</p> <p>Never exceed 40g per day.</p>	Those under 18, pregnant or breastfeeding women should not consume alcohol.

		http://www.eneap.com.gr/	
Hong Kong	10g	<p>Hong Kong Government – Department of Health</p> <p>If you do not drink at all, do not start drinking with the intent of improving health. If you choose to drink alcoholic beverages, limit your drink to minimise alcohol-related harm.</p> <p>http://www.change4health.gov.hk/en/alcohol_aware/facts/minimising/index.html</p>	<p>Do not drink if you are pregnant or planning for pregnancy</p> <p>If you are breastfeeding, alcohol drinking is not recommended</p> <p>Do not drink if you are underage</p>
Hungary	N/A	<p>National Institute for Food and Nutrition Science</p> <p>Men: No more than 2 drinks a day. Women: No more than 1 drink a day.</p> <p>It is wise to drink alcoholic beverages at the time of meals, because alcohol will be then absorbed more slowly.</p> <p>ftp.fao.org/esn/nutrition/dietary_guidelines/hun.pdf</p>	
Iceland	12g	<p>Alcohol and Drug Abuse Prevention Council, Public Health Institute</p> <p>www.lydheilsustod.is</p>	Pregnant women are advised to abstain when pregnant or if breastfeeding.
India	10g	<p>National Institute of Nutrition - Dietary Guidelines for Indians (2011)</p> <p>Avoid alcohol. Those who drink should limit its intake. People who regularly consume more than two alcoholic drinks (about 30 mg) are at a higher risk for hypertension and stroke.</p> <p>http://ninindia.org/DietaryGuidelinesforNINwebsite.pdf</p> <p>Consumer advice website</p> <p>Men should not regularly exceed 3-4 Units Per Day Women should not regularly exceed 2-3 Units Per Day</p> <p>http://drinkresponsibly.in</p>	<p>Alcohol should be avoided during pregnancy and breastfeeding.</p> <p>Adolescents should avoid alcohol.</p>
Indonesia	N/A	<p>National Dietary Guidelines state: 'Avoid drinking alcoholic beverages'.</p> <p>www.afic.org</p>	
Ireland	10g	<p>Health Service Executive - Low risk drinking guidelines</p> <p>For adults low risk is defined as</p> <p>Men: No more than and No more than 17 standard drinks per week. Women: No more than 11 standard drinks per week.</p> <p>Increased risk</p> <p>Men: 18-40 standard drinks per week Women: 12-28 standard drinks per week</p> <p>High risk</p> <p>Me: 41 or more standard drinks per week Women 29 or more standard drinks per week.</p> <p>Drinks should be spaced out over the week, not consumed in one sitting. Drinking more than the safe levels may cause harm.</p>	<p>These weekly limits do not apply to teenagers or to people who are pregnant, ill, run-down or on medication. It is healthier for teenagers not to drink alcohol.</p>

		http://www.hse.ie/go/alcohol/	
Israel			<p>State of Israel Ministry of Health Alcohol consumption during pregnancy Exposure of the mother to alcohol during pregnancy could cause a range of irreversible injuries to the fetus and infant. It could elevate the risk for impaired fetal brain development, could cause distorted facial features, growth disorders, mental disorders, and fetal and infant mortality.</p> <p>The amount of alcohol that is safe for mother and fetus has not yet been ascertained. Alcohol consumption should therefore be avoided prior to becoming pregnant and throughout the entire pregnancy. Alcohol is conveyed directly to the fetus during pregnancy via the placenta, and during nursing it is conveyed via breast milk.</p>
Italy	12g	<p>Ministry of Health Men 2-3 units Women 1-2 units Elderly: 1 unit Drinking on a full stomach is better, because alcohol is absorbed (and enters the blood) more slowly. Drinking on a full stomach is better, because alcohol is absorbed (and enters the blood) more slowly. http://nut.entecra.it/648/linee_guida.html</p> <p>Consumer advice website Men: No more than 2-3 standard drinks per day (24-36g) Women: No more than 1-2 standard drinks per day (12-24g) Elderly: No more than 1 standard drink/day (12g) Children and teens should not drink at all until at least age 16. http://www.beviresponsabile.it/pag.php%3Fcatgen=palc_quantitamoderata</p>	Alcohol, even in small quantities, hurt in childhood, adolescence, pregnancy and lactation, and can be very dangerous for those who take drugs.
Japan	19.75g	<p>Ministry of Health, Labour and Welfare Men: 1-2 standard drinks per day (19.75g-39.5g). Women N/A</p>	
Korea		<p>Revised dietary guidelines for Koreans 2008 If you drink alcoholic beverages, do so in moderation, limit yourself to only 1-2 drinks a day</p>	<p><i>Dietary action guide for pregnant and lactating women</i> - Do not drink alcoholic beverages</p>

Latvia	10g	<p>Men: 3-4 standard drinks per day and no more than 22 standard drinks per week.</p> <p>Women: 2-3 standard drinks per day and no more than 12 standard drinks per week.</p> <p>Both men and women should refrain from drinking for at least three days a week.</p> <p>http://www.atbildigi.lv</p>	Pregnant women are advised to limit their consumption to a single drink and to avoid spirits.
Lithuania	10g	<p>Ministry of Health, Health eating guidelines (2010)</p> <p>No more than 20g a day for both men and women.</p> <p>Consumer advice website</p> <p>Men: No more than 3 standard drinks per day, and no more than 15 per week with no alcohol on at least 2 days a week.</p> <p>Women: No more than 2 standard drinks per day, and no more than 10 a week and no alcohol for at least 2 days a week.</p>	Give up alcohol completely during pregnancy or in women planning to become pregnant.
Luxembourg	12.8g	<p>Ministry of Health, Adults</p> <p>For healthy adults</p> <p>Men: Not to consume more than 2 glasses of beer (25cl) or wine (10cl) per day.</p> <p>Women: not to consumer more than 1 glass of beer (25cl) or wine (10cl) per day.</p> <p>It is advised not to drink alcohol 2-3 days per week.</p> <p>http://www.sante.public.lu/fr/prevention/modes/alcool/conseils/index.html</p> <p>Consumer advice website:</p> <p>Abstain from alcohol 2 days a week</p> <p>Do not consume more than 4 standard drinks per day</p> <p>Do not consume more than 2 to 3 standard drinks per day on average</p> <p>Do not consumer alcohol if you are pregnant</p> <p>http://www.educalcoool.lu/</p>	<p>From 18-20 years, consumption should be less than the recommendations for adults because brain development is completed after the age of 20 years.</p> <p>For youth 16-18 years, abstention should be the rule.</p> <p>Do not consumer alcohol if you are pregnant.</p>
Malta	8g	<p>Sedqa - Government agency against drug and alcohol abuse</p> <p>Men over 21 years: No more than 21 standard drinks per week, spread over five or six days.</p> <p>Women over 21 years: No more than 14 standard drinks per week, spread over five or six days.</p> <p>Abstaining from alcohol for some days is always beneficial.</p> <p>Consumer advice website</p> <p>Based on WHO low-risk drinking definition is:</p> <p>(2) Women do not drink more than two drinks a day on average</p> <p>(3) For men, not more than three drinks a day on average</p> <p>(4) Try not to exceed four drinks on any one</p>	<p>For people under 18 years, according to the World Health Organisation, "there is no scientific evidence for a safe limit of alcohol consumption, and particularly not for children and young adolescents, the most vulnerable groups". Therefore keep drinking to a minimum.</p> <p>For people aged between 18 and 21 years: not more than two standard drinks on a single occasion, since the human body would be still developing</p> <p>No more than that age; not more than once or maximum twice a week.</p>

		<p>occasion</p> <p>(0) Not to drink alcohol in some situations, such as when driving, if pregnant or in certain work situations and to abstain from drinking at least once a week.</p> <p>www.drinkawaremalta.com</p>	
Mexico		<p>Institute of Nutrition and Health.</p> <p>If alcoholic beverages are taken, do not drink more than two drinks a day and only with food.</p> <p>http://www.fns.org.mx/index.php?IdContenido=46&IdSubContenido=57</p> <p>Responsible drinking advice via http://www.alcoholinformate.org.mx</p>	
The Netherlands	10g	<p>The Health Council of the Netherlands</p> <p>Do not drink alcohol, or at least no more than one glass per day.</p>	Do not drink alcohol if you or your partner are pregnant or planning to be, or if you are breastfeeding.
New Zealand	10g	<p>Health Promotion Agency</p> <p>Men: no more than 3 standard drinks a day and no more than 15 standard drinks a week</p> <p>Women: no more than 2 standard drinks a day for women and no more than 10 standard drinks a week</p> <p>At least two alcohol-free days every week.</p> <p>Reduce your risk of injury on a single occasion of drinking by drinking no more than 5 standard drinks for men on any single occasion and 4 standard drinks for women on any single occasion</p> <p>www.alcohol.org.nz/alcohol-you/your-drinking-okay/low-risk-alcohol-drinking-advice</p>	<p>Advice for pregnant women or those planning to get pregnant no alcohol – (There is no known safe level of alcohol use at any stage of pregnancy).</p> <p>Advice for parents of children and young people under 18 years</p> <p>For children and young people under 18 years, not drinking alcohol is the safest option.</p> <ul style="list-style-type: none"> • Those under 15 years of age are at the greatest risk of harm from drinking alcohol and not drinking in this age group is especially important. • For young people aged 15 to 17 years, the safest option is to delay drinking for as long as possible. • If 15 to 17 year olds do drink alcohol, they should be supervised, drink infrequently and at levels usually below and never exceeding the adult daily limits.
Norway	12g	<p>Directorate for Health</p> <p>Men: no more than 21 standard drinks of alcohol a week.</p> <p>Women: no more than 14 standard drinks of alcohol a week.</p> <p>The Directorate of Health recommends limiting alcohol intake, that one does not drink alcohol for health reasons, and to avoid intoxication.</p> <p>http://avogtil.no/fakta/hvor-går-grensen/</p>	Children and young people under 18 and pregnant are advised to completely abstain from alcohol.
Poland	10g	<p>State Agency for solving problems of alcohol</p> <p>Men: 2 standard drinks per day (20g/day) No more than 5 times/week (not to exceed 100g/week).</p> <p>Women: 1 standard drink/day (10g/day) No more</p>	Alcohol should be avoided by young people and pregnant women and nursing mothers.

		<p>than 5 times/week (not to exceed 50g/week). Two alcohol free days per week are recommended. www.parpa.pl</p>													
Portugal	14g	<p>National Council on Food and Nutrition The New Food Wheel Guide (Portuguese: A nova roda dos alimentos) In moderation and with meals, adults can consume without risk. Maximum allowable intake / day</p> <table> <thead> <tr> <th></th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Beer (5) glasses</td> <td>3 x 250ml glasses</td> <td>2 x 250ml glasses</td> </tr> <tr> <td>Wine (12) glass</td> <td>2 small glasses</td> <td>1 small glass</td> </tr> <tr> <td>Whisky (40)</td> <td>1/3 cup</td> <td>1/5 cup</td> </tr> </tbody> </table> <p>http://static.publico.pt/docs/pesoemedia/Panfleto_Roda_Alimentos.pdf</p> <p>Consumer advice site Men: No more than 2-3 standard drinks per day (28-42g). Women: No more than 1-2 standard drinks per day (14-28g). http://www.bebacomcabeca.pt/</p>		Men	Women	Beer (5) glasses	3 x 250ml glasses	2 x 250ml glasses	Wine (12) glass	2 small glasses	1 small glass	Whisky (40)	1/3 cup	1/5 cup	
	Men	Women													
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Romania	N/A	<p>Ministry of Health Men and Women: 32.5g beer/day or 20.7g wine/day. http://www.ms.ro</p>	<p>Ministry of Health Nutrition Guidelines Avoid alcohol if trying to conceive, if pregnant, breast feeding or if elderly.</p> <p>Low doses of wine consumed 20 minutes before a meal can improve appetite, favorable effect in the elderly, people with reduced appetite, malnutrition and of those suffering from depression. Also, due to the content in phenols and other phytochemicals, wine consumed in small amounts has a protective role against cardiovascular disease. Consume alcohol in moderation or not at all While the modest quantities of alcohol are not detrimental to most population may have favorable effects even in some circumstances , regular consumption of excessive amounts attract substantial risk http://www.ms.ro/documente/Ghid1_8318_6022.pdf</p>												
Singapore	10g	<p>Health Promotion Board Men: a maximum of 2 drinks a day. Women: a maximum of 1 drinks a day. https://www.hpb.gov.sg/HOPPortal/health-article/2758</p>													

Slovakia		Consumer advice website: http://www.pisrozumom.sk/main.php	
Slovenia	10g	Institute of Public Health Men: No more than 20g/day, 50g on a special occasion. Women: No more than 10g/day, 30g on a special occasion.	At least one day per week should be completely alcohol-free.
South Africa	N/A	Government dietary guidelines 2005 If you drink alcohol, drink it sensibly. A glass or two of an alcoholic beverage served with meals occasionally is not harmful. ftp://ftp.fao.org/es/esn/nutrition/dietary_guidelines/zaf_eating.pdf	
Spain	10g	Ministry of Health Men: Maximum of 40g per day or 17 drinks per week. Women: Maximum of 25g per day or 28 drinks per week. http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/alcohol/mojateAlcohol.htm	
	N/A	Basque Country: Department of Health & Social Security Not to exceed 70g/day	
	8-10g	Catalonia: Central Authority Not to exceed 4-5 standard drinks per day (32-50g/day)	
Sweden	12g	Nordic nutritional recommendations The intake of alcohol should be limited: max 5 percent of the energy intake should come from alcohol, Men: no more than 20 grams per day. Women: no more than 10 grams of alcohol per day. http://www.livsmedelsverket.se Systembolaget Men: 14 drinks a week Women: 9 drinks a week http://www.systembolaget.se/om-alkohol/i-riskzonen/ofarligt-drickande/	Pregnant women, breastfeeding women and children and adolescents should completely abstain from alcoholic drinks.
Switzerland	10-12g	Federal Office of Public Health Men: 2-3 drinks per day to itself. Women: 1-2 drinks per day. It is advisable to have several days each week with no alcohol. On exceptional occasions, men should consume no more than 5 drinks, and women no more than four drinks. http://www.alcohol-facts.ch/	Underage young people are urged to avoid alcohol. Pregnant women and women planning to become pregnant should drink no alcohol
Taiwan	N/A	Responsible drinking information via: www.tbaf.org.tw	When taking medication, if pregnant, or underage, consumers should not drink
Thailand	N/A	Ministry of Public Health National Dietary Guidelines advise 'Avoid or reduce the consumption of alcoholic beverages'.	
United Kingdom	8g	UK Department of Health Men: maximum 14 standard drinks/week (112g). Women: maximum 14 standard drinks/ week	Guidance from the UK Chief Medical Officers An alcohol-free childhood is the

		<p>(112g). The Department of Health advises that women who are pregnant or trying to conceive should avoid alcohol altogether. http://www.drinking.nhs.uk/ www.drinkingandyou.com https://www.drinkaware.co.uk</p>	<p>healthiest and best option. However, if children drink alcohol underage, it should not be until at least the age of 15 years.</p> <p>If young people aged 15 to 17 years consume alcohol, it should always be with the guidance of a parent or carer or in a supervised environment.</p> <p>Parents and young people should be aware that drinking, even at age 15 or older, can be hazardous to health and that not drinking is the healthiest option for young people.</p> <p>If 15 to 17 year olds do consume alcohol, they should do so infrequently and certainly on no more than one day a week. Young people aged 15 to 17 years should never exceed recommended adult daily limits and, on days when they drink, consumption should usually be below such levels.</p>
<p>USA</p>	<p>14g</p>	<p>Dietary Guidelines for Americans 2010 Moderate alcohol consumption is defined as Men: No more than 2 drinks per day for men. Women No more than 1 drink per day. Heavy or high-risk drinking is defined as Men: More than 4 drinks on any day or more than 14 per week. Women: More than 3 drinks on any day or more than 7 per week.</p> <p>The Dietary Guidelines Advisory Committee's report 2010 includes these findings: Strong evidence consistently demonstrates that compared to non-drinkers, individuals who drink moderately have lower risk of coronary heart disease.... Moderate evidence suggests that compared to non-drinkers, individuals who drink moderately have a slower cognitive decline with age.... An average daily intake of one to two alcoholic beverages is associated with the lowest all-cause mortality and a low risk of diabetes and CHD among middle-aged and older adults. www.dietaryguidelines.gov</p> <p>National Institute of Alcohol Abuse and Alcoholism (NIAAA) Men, No more than 4 drinks on any single day and no more than 14 drinks per week. Women, No more than 3 drinks on any single day and no more than 7 drinks per week. http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking</p> <p>American Heart Association</p>	<p>Women who are pregnant or who may be pregnant. Drinking during pregnancy, especially in the first few months of pregnancy, may result in negative behavioral or neurological consequences in the offspring. No safe level of alcohol consumption during pregnancy has been established breastfeeding women should be very cautious about drinking alcohol, if they choose to drink at all. If the infant's breastfeeding behaviour is well established, consistent, and predictable (no earlier than at 3 months of age), a mother may consume a single alcoholic drink if she then waits at least 4 hours before breastfeeding. Alternatively, she may express breast milk before consuming the drink and feed the expressed milk to her infant later.</p> <p>Pregnant women should not drink alcohol.</p>

		Men: an average of No more than 2 standard drinks per day (28g/day). Women: and average of No more than 1 standard drink/day (14g/day).	
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