

Understanding

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.

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								
Low Strength			Mid Strength			Full strength		
								
2.7% alc/vol	2.7% alc/vol	2.7% alc/vol	3.5% alc/vol	3.5% alc/vol	3.5% alc/vol	4.5% alc/vol	4.5% alc/vol	4.5% alc/vol
285ml (pot)	375ml (stubby)	425ml (schooner)	285ml (pot)	375ml (stubby)	425ml (schooner)	285ml (pot)	375ml (stubby)	425ml (schooner)
0.6	0.8	1.0	0.8	1.0	1.2	1.0	1.3	1.5

Cider			Wine/Sparkling			Spirits		
Glass	Bottle	Glass	Glass	Bottle	Cask	Shot	Pre-mix	Bottle
								
5% alc/vol	5% alc/vol	5% alc/vol	12% alc/vol	12% alc/vol	12% alc/vol	40% alc/vol	5% alc/vol	40% alc/vol
285ml (pot)	375ml (stubby)	425ml (schooner)	100ml	700ml	2L	30ml	375ml	700ml
1.1	1.5	1.7	1.0	7	20	1.0	1.5	22

Talk to us. Anytime, anywhere. adis.health.qld.gov.au | 📞 1800 177 833 (free call)

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