

KNOW YOUR LIMITS

ALCOHOL

It's recommended that you don't drink more than 14 units of alcohol a week, spread out over at least 3 days and have several alcohol-free days a week

What is 14 units?

14
units



4% abv

6 pints of beer
(568ml)

14
units



40% abv

7 double spirits
(50ml)

14
units



13.4% abv

6 glasses wine
(175ml)

or

or

For further information or support visit the
Outer Hebrides Alcohol & Drug Partnership

Website: www.outerhebadp.com

Email: wi.ohadp@nhs.scot | Tel. 01851 708056

