

How much is "too much"?



"Unit of alcohol" = the amount of pure alcohol in a glass or bottle of alcoholic beverage.

WHO reference:

1 unit of alcohol = 10 grams of pure alcohol, which represents:



Remember!

- Units of alcohol may vary according to country, figure it out!
- Know how many units are in your glass and adjust your consumption accordingly
- There is no "hard"/"soft" alcohol. It's the quantity of pure alcohol in the blood that counts!

Recommended low-risk consumption:



- Max. 2 units /day for women
- Max. 3 units / day for men
- Max. 4 units on special occasions
- 0 units at least 1 day/week & 0 units in high-risk situations: driving, pregnancy, taking medication, etc.

Don't forget to drink
water and soft drinks!

Drink smart:
drink slowly and
know your limits!

Eat before and/or
during the party!



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If your friends aren't
drinking smart,
don't imitate them!

If you drive, don't drink!
&
If you drink, don't drive!

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