













Type 2 Diabetes

Weight Loss

ALCOHOL & UNITS

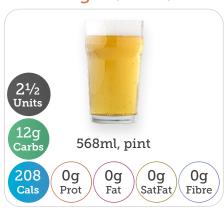
Although most people can enjoy moderate consumption of alcohol safely, exceeding the recommended limit and/or binge drinking can contribute to a number of health problems, such as liver disease, high blood pressure and obesity.

Over the years, the alcohol content of most drinks has gone up, so a drink may contain more units of alcohol than you think. It is recommended not to consume more than 14 units of alcohol per week and to spread this out over the week, with at least 2 alcohol-free days. Here's a useful guide to the alcohol units of some common drinks.

Cider (dry, 5% ABV)



Lager (4% ABV)



Stout (4% ABV)



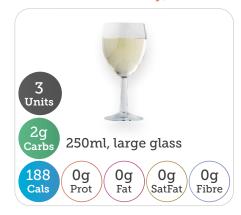
Champagne



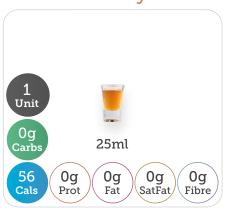
Red Wine (13% ABV)



White Wine (dry, 12% ABV)



Brandy



Port



Vodka

