

Alcohol Guidelines

Australian guidelines
to reduce health risks
from drinking alcohol

1

HEALTHY ADULTS

should drink no more than
10 standard drinks a week
with no more than **4 standard
drinks on any one day**



2

CHILDREN AND TEENS UNDER 18

should not drink any alcohol.
Drinking alcohol can impact
brain development up until
the age of 25



3

WOMEN WHO ARE PREGNANT OR BREASTFEEDING

should not drink any alcohol to
reduce harm to their baby

