What’s the big deal?

• If you drink more than the recommended limits, you are at increased risk of over 60 different medical conditions, including cancer, liver damage and heart disease.

• Alcohol is one of the leading risk factors for oral cancer.

• Alcohol can reduce your inhibitions and impair your judgement – this can put your personal and physical safety at risk.

• Alcohol contains a lot of calories so can cause you to put on weight.

• Alcohol can affect your fertility (male/female) and can affect the health of your unborn child.

leicester.gov.uk/ourhealthy.city
Help and advice

- Unit guidelines are now the same for men and women. It is advised that you do not drink more than 14 units a week.
- Try to have at least two days per week where you don’t drink alcohol.
- If you are pregnant it is recommended you do not drink at all.
- The number of units and calories in your drink will depend on the size of the drink and its strength.

<table>
<thead>
<tr>
<th>Drink</th>
<th>250ml wine (13%)</th>
<th>Pint of beer (4%)</th>
<th>Pint of cider (4.5%)</th>
<th>Alcopop (4%)</th>
<th>25ml white spirits (37.5%)</th>
<th>25ml dark spirits (40%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Units</td>
<td>3.3</td>
<td>2.3</td>
<td>2.6</td>
<td>1.1</td>
<td>0.9</td>
<td>1</td>
</tr>
<tr>
<td>Calories</td>
<td>228</td>
<td>180</td>
<td>216</td>
<td>171</td>
<td>52</td>
<td>61</td>
</tr>
</tbody>
</table>

For more information:
- Speak to your GP
- Call Leicester Recovery Partnership on 0116 204 7274
- Call Drinkline on 0800 876 6778
- Visit drinkaware.co.uk