

You need to count your drinks even if you're not driving.

Most young people don't drink on a daily basis, yet often drink heavily once or twice a week which can damage your health.

It is possible to drink at a level which is less risky, while still having fun. There are a number of things you can do to make sure you stay within low risk levels and don't get to a stage where you are no longer capable of controlling your drinking.

How much you drink is your choice. Here's some tips to help you make informed choices and help keep your risk of alcohol-related accidents, injuries, diseases and death, low – both in the short and long term.

- ▶ Set **limits** for yourself and stick to them
- ▶ Start with non-alcoholic drinks and **alternate** with alcoholic drinks
- ▶ Drink **slowly**
- ▶ Keep an **eye** on your drink. Don't leave your drink unattended
- ▶ Try drinks with a **lower** alcohol content
- ▶ **Eat** before or while you are drinking
- ▶ If you participate in rounds of drinks try to include some **non-alcoholic** drinks
- ▶ Plan **safe** transport home

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The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au

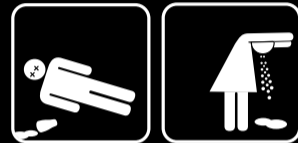


If you or someone you know needs support and treatment to reduce your alcohol intake, you should contact:

- ▶ Your doctor
- ▶ Your local community health service
- ▶ An alcohol or other drug helpline in your State / Territory:
 - **ACT:** (02) 6205 4545
 - **NSW:** (02) 9361 8000 (Sydney)
1800 422 599 (NSW country)
 - **NT:** (08) 8922 8399 (Darwin)
(08) 8951 7580 (Central Australia)
1800 131 350 (Territory wide)
 - **QLD:** 1800 177 833
 - **SA:** 1300 131 340
 - **TAS:** 1800 811 994
 - **VIC:** 1800 888 236
 - **WA:** (08) 9442 5000 (Perth)
1800 198 024 (WA country)

10/09

DON'T LOSE YOUR STANDARDS



www.alcohol.gov.au



Australian Government
Department of Health and Ageing



A standard drink contains 10 grams of pure alcohol, but the drinks you buy often contain more than one standard drink. There are no common glass sizes used in Australia.

The label on an alcoholic drink container tells you the number of standard drinks in the container.

BEER



285ml
Full Strength
4.8% Alc. Vol



425ml
Full Strength
4.8% Alc. Vol



375ml
Full Strength
4.8% Alc. Vol



375ml
Full Strength
4.8% Alc. Vol

WINE



150ml
Average Restaurant Serving
of Sparkling Wine
12% Alc. Vol



150ml
Average Restaurant
Serving of Red Wine
13.5% Alc. Vol



150ml
Average Restaurant
Serving of White Wine
11.5% Alc. Vol



750ml
Bottle of Red Wine
13.5% Alc. Vol

SPIRITS



330ml
Full Strength
Ready-to-Drink
5% Alc. Vol



30ml
High Strength
Spirit Nip
40% Alc. Vol



375ml
Full Strength
Pre-mix Spirits
5% Alc. Vol



300ml
High Strength
Pre-mix Spirits
7% Alc. Vol