

Alcohol.

There is no amount of alcohol that is safe for everyone. People aged over 60 are at increased risk of harm from alcohol. If you choose to drink alcohol, there may be some risks to your health. Here are some ways to reduce the risks.

What is recommended?

Healthy adults should not drink more than 10 standard drinks in a week, and no more than four standard drinks on any one day. You can reduce your risk of harm by drinking less often, and by drinking less on each occasion.

It's worth thinking about how many standard drinks are in your usual choices.



285mL glass (pot) of full-strength beer (4.9%)	375mL bottle of full-strength beer (4.9%)	100mL of wine (13%)	100mL of sparkling wine (13%)	30mL spirits
1.1 standard drinks	1.4 standard drinks	1.4 standard drinks	1.2 standard drinks	1.0 standard drinks

Strategies for safer drinking

- Make every second drink non-alcoholic.
- Sip on water regularly when you are drinking alcohol.
- Choose lower-alcohol options, such as light beer or low-alcohol wine.
- Try alcohol-free alternatives to enjoy the taste of your favourite drink (these can be found in the supermarket).
- Mix wine with soda or mineral water or add ice.



- Add soft drink, soda or mineral water and ice to spirits.
- Serve drinks in a smaller glass.
- Sip slowly.

Does alcohol have some health benefits?

The most recent research says there is more risk than benefit from drinking alcohol. In the past, it's been suggested that small amounts of alcohol could reduce the risk of heart disease. But there are health risks with moderate alcohol intake, like increased risk of some cancers. What we do know is that eating well and being physically active have far greater health benefits.

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