



UK MPs released a statement recommending you should have two days a week alcohol free, they also called for clearer guidelines on the UK's stance on drinking to be published.

This statement was released following a new report from the House of Commons Science and Technology Committee after its review of the current UK alcohol policy.

Currently the department of health recommends that a man should not exceed 3-4 alcohol units a day whilst a women should not drink more than 2-3. They also recommend that in order to give the body time to recover, 48 hours rest should be allotted between drinking sessions.

1.5
units



Small glass red/white/rosé wine
(125ml, ABV 12%)

2.1
units



Standard glass red/white/rosé wine
(175ml, ABV 12%)

3
units



Large glass red/white/rosé wine
(250ml, ABV 12%)

2
units



Pint of lower-strength lager/beer/cider
(ABV 3.6%)

3
units



Pint of higher-strength lager/beer/cider
(ABV 5.2%)

1.7
units



Bottle of lager/beer/cider
(330ml, ABV 5%)

2
units



Can of lager/beer/cider
(440ml, ABV 5%)

1.5
units



Alcopop
(275ml, ABV 5.5%)

1
unit



[REDACTED]