

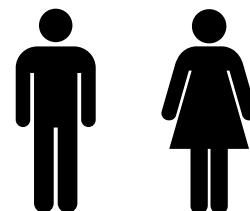
think you might be drinking too much?

Safe drinking for over 50s

Drink diary









Simply fill in all the units of alcohol you drink each day using the handy guide below. Keeping a diary like this could help you to work out a pattern to your drinking habits... and where positive changes could be made.

Safe drinking advice












3-4 units a day **2-3 units a day**

Male Female

								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Unit guide

								
Stout 4.1% abv Pint 2.3 units	Beer 4.5% abv Pint 2.6 units	Lager 5.2% abv Pint 3 units	Strong cider 7.5% abv Bottle (1litre) 7.5 units	Super-strength lager 9% abv Can (500ml) 4.5 units	Sherry 17.5% abv Pub measure 50ml 0.9 units	Red/white wine 12% abv Large glass (250ml) 3 units	Red/white wine 14% abv Large glass (250ml) 3.5 units	Spirits 40% abv Large double (70ml) 2.8 units

If you think you're drinking too much, you could take it along to your GP to use for reference.