

Preferably zero alcohol intake

Alcohol consumption per week - risk of negative health consequences



			
no risk 0 g / week	low risk < 27 g / week	moderate risk 27 - 81 g / week	high risk > 81 g / week
No quantity of alcohol intake is considered potentially healthy and safe for consumption 	 up to a total of 280 mL or 1-2 small glasses of wine (alcohol content 12 % vol.)	 up to a total of 825 mL or up to 5 small glasses of wine (alcohol content 12 % vol.)	 > 825 mL or more than 5 small glasses of wine (alcohol content 12 % vol.)
	 or: up to a total of 660 mL or 1-2 small bottles of beer (alcohol content 5 % vol.)	 or: up to a total of 2 litres of beer or up to 6 small bottles of beer (alcohol content 5 % vol.)	 or: > 2 litres or more than 6 small bottles of beer (alcohol content 5 % vol.)
	 or: up to a total of 80 mL or 2-4 glasses of 0.02 L spirits (alcohol content 38 % vol.)	 or: up to a total of 250 mL or up to 6 glasses of 0.04 L spirits (alcohol content 38 % vol.)	 or: > 250 mL or more than 6 glasses of 0.04 L spirits (alcohol content 38 % vol.)

Source: DGE-Position Statement on Alcohol