## Preferably zero alcohol intake

Alcohol consumption per week - risk of negative health consequences





no risk 0 g / week











low risk < 27 g / week



up to a total of 280 mL or 1-2 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 80 mL or 2-4 glasses of 0.02 L spirits (alcohol content 38 % vol.)



moderate risk 27 - 81 g / week

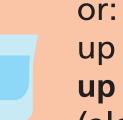


up to a total of 825 mL or up to 5 small glasses of wine (alcohol content 12 % vol.)

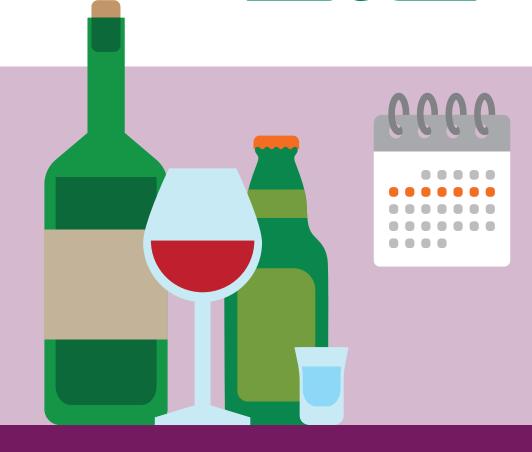


or:

up to a total of 2 litres of beer or up to 6 small bottles of beer (alcohol content 5 % vol.)



up to a total of 250 mL or up to 6 glasses of 0.04 L spirits (alcohol content 38 % vol.)



high risk > 81 g / week



> 825 mL or more than 5 small glasses of wine (alcohol content 12 % vol.)



or:

> 2 litres or more than 6 small bottles of beer (alcohol content 5 % vol.)

or:

> 250 mL or more than 6 glasses of 0.04 L spirits (alcohol content 38 % vol.)

Source: DGE-Position Statement on Alcohol

