

Southern Forests: Do you know?

No more than two standard drinks a day

What is a standard drink?



1.1SD*

285ml

Full strength
4.8 % Alc.



1.4SD*

150ml

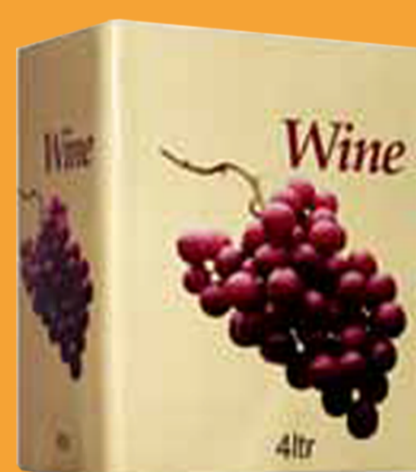
Average Serve
11.5 % Alc.



1.5SD*

375ml

Pre mix spirits
5 % Alc.



41SD*

4 litres

Cask Red Wine
13 % Alc.

*standard drink

southernforests
alcoholthinkagain

Let's face it. Some of us in the Southern Forests enjoy a drink. But you should be aware that the more you drink, and the more often you drink, the greater the risk of developing cancer.

To reduce the risk, drink no more than two standard drinks on any day.