

OIV COLLECTIVE EXPERTISE

COMPARISON OF INTERNATIONAL ALCOHOL DRINKING GUIDELINES

2019



**International Organisation
of Vine and Wine**
Intergovernmental Organisation

WARNING

This document has not been submitted to the step procedure for examining resolutions and cannot in any way be treated as an OIV resolution. Only resolutions adopted by the Member States of the OIV have an official character. This document has been drafted in the framework of OIV Expert Group Consumption, Nutrition & Health and revised by other OIV Commissions.

This document, drafted and developed on the initiative of the OIV, is a collective expert report.

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SCOPE

The group of experts « consumption, nutrition and health » of the OIV has worked extensively on the drinking guidelines set by different countries and also has underlined the importance to harmonize the definition of standard drinks since what constitutes a standard drink differ largely among the different countries in the world.

This document does not reflect the position of the member states of the OIV and does not constitute a position of the OIV. The purpose of this document is to provide comparisons of national guidelines on the consumption of alcoholic beverages.

This document aims to gather more specific information either on recommendations on drinking levels considered 'minimum risk' for men and women existing in many countries globally or on the level of non-harmful alcohol consumption. The purpose of this review is also to compare international definitions of a standard drink.

Finally, this document, drafted and developed on the initiative of the OIV, is a collective expert report. This review is based on the help of scientific literature and technical works available until date of publishing.

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COMPARISON OF INTERNATIONAL ALCOHOL DRINKING GUIDELINES

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INTRODUCTION

Recommendations on drinking levels considered ‘minimum risk’ for men and women exist in many countries globally. Official guidelines on alcohol consumption are usually set up by governments, public health bodies, medical associations or inter-governmental organizations, such as the WHO to advise on levels of alcohol consumption considered ‘responsible,’ or ‘low risk’.

Most of the national guidelines are established according to the works of international organisations on the effects of the consumption of alcoholic beverages on human health, in particular the WHO global strategy to reduce the harmful use of alcohol¹ which sets the objectives and measures for reducing the negative health and social consequences of the harmful use of alcohol.

This document analyses the different drinking recommendations or guidelines set by different countries and gives some international comparisons of standard drink definitions among countries.

The data on standard drinks table as well as national recommendations for this report were collected from different sources. Data are coming mainly from intergovernmental organisations as WHO or OECD. For the OIV member states, data are supplemented and updated by means of a questionnaire sent directly to the contact government of the country to the OIV. For the non OIV member states in addition to the sources above-mentioned, other academic data are used.

ALCOHOL CONSUMPTION

There is no single international standard for safe or unsafe alcohol drinking levels. Worldwide, approximately two billion people consume alcoholic beverages such as wine, beer and spirits. Its use is associated with celebrations, business and social functions and it is consumed in religious and cultural ceremonies. While the highest per capita alcohol consumption is observed in developed countries, it has, however, decreased in most developed countries over the past 25 years. It has correspondingly increased in developing countries and the countries of central and eastern Europe (WHO 1999, 2000; Bloomfield et al., 2003; WHO 2004; WHO 2014) (Figure 1). This increase coincides with globalisation and ‘westernisation’, where alcoholic beverage producers are looking for new markets as domestic markets have plateaued and the traditional export markets have become increasingly competitive at certain price points.

¹ http://apps.who.int/iris/bitstream/10665/44395/1/9789241599931_eng.pdf?ua=1&ua=1

The mean adult global per capita consumption of 'pure' alcohol is 6.2 L per year, approximately 13.5 g of 'pure' alcohol per day, which has not appreciably changed in the past twenty-five years.

The pharmacological textbooks list alcohol as a drug that has dose-dependent effects. When the dose is low to moderate, the effect can be considered as a benefit to health but when the dose is high or abusive, the effect is considered as a harm to health, where 200 or more different types of alcohol-related harms have been documented (Babor *et al.* 2003, WHO 2014). Indeed, of those 2.3 billion people that consume alcoholic beverages worldwide, approximately 76.3 million or 3.9 % have alcohol-related problems due to alcohol abuse, up from 3.0% in 1990 (WHO 2011). In addition, approximately 3 million people will die from alcohol-related harms, such that harmful consumption of alcoholic beverages accounts for 5.3 % of all deaths worldwide (WHO 2018). Alcohol is the fifth highest cause of the global burden of disease behind childhood and maternal underweight, unsafe sex, hypertension and tobacco, being estimated to cause 20 to 30% of oesophageal and liver cancers, cirrhosis of the liver and epileptic seizures worldwide (WHO 2002, 2009, Lim *et al.* 2012).

The burden is not equally distributed among countries as alcohol consumption is the highest risk factor for disease in low mortality developing countries but only the third highest risk factor in developed countries (WHO, 2014). Furthermore, while high-income countries generally have the highest alcohol consumption, it does not follow that high income and high consumption always translate into high alcohol-related problems and high-risk drinking (WHO 2014). Western European countries have some of the highest consumption rates but their net alcohol-attributable mortality rates are relatively low, though their alcohol-related disease burden may be high. Many eastern European countries have the highest consumption, risky patterns of drinking and, accordingly, high levels of alcohol-related deaths and disabilities (WHO 2014) (Figures 2, 3).

Figure 1. Recorded alcohol per capita/year consumption (L), WHO 2013-2014

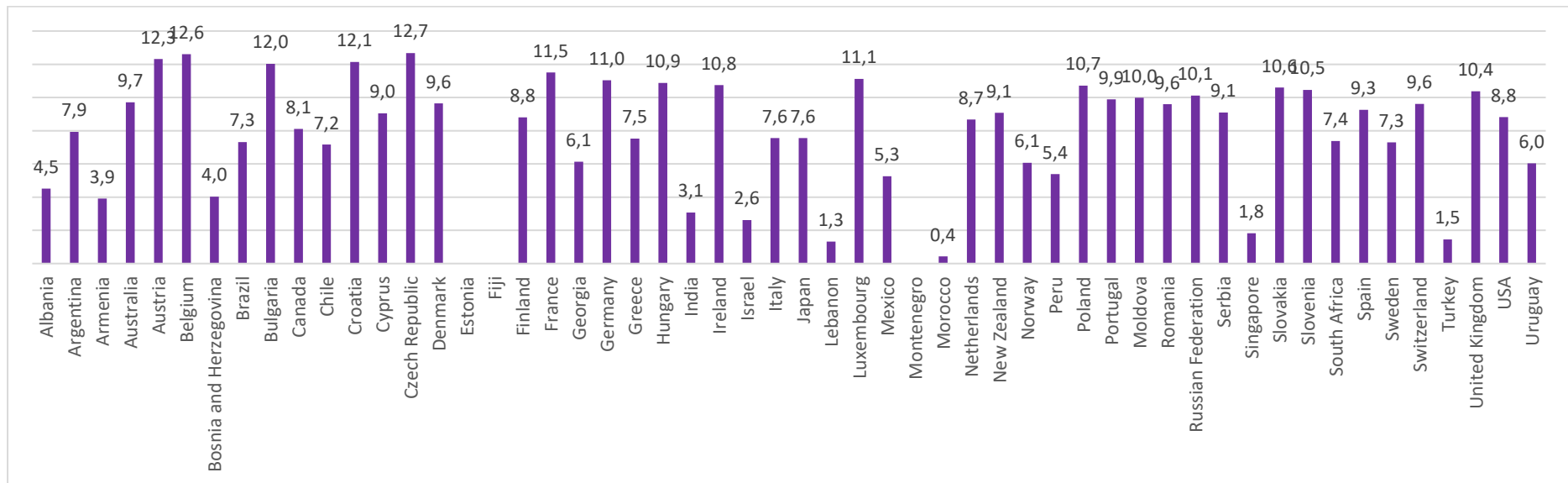


Figure 2. Patterns of drinking score (1 to 5 = least harmful to most harmful) for countries, WHO 2010

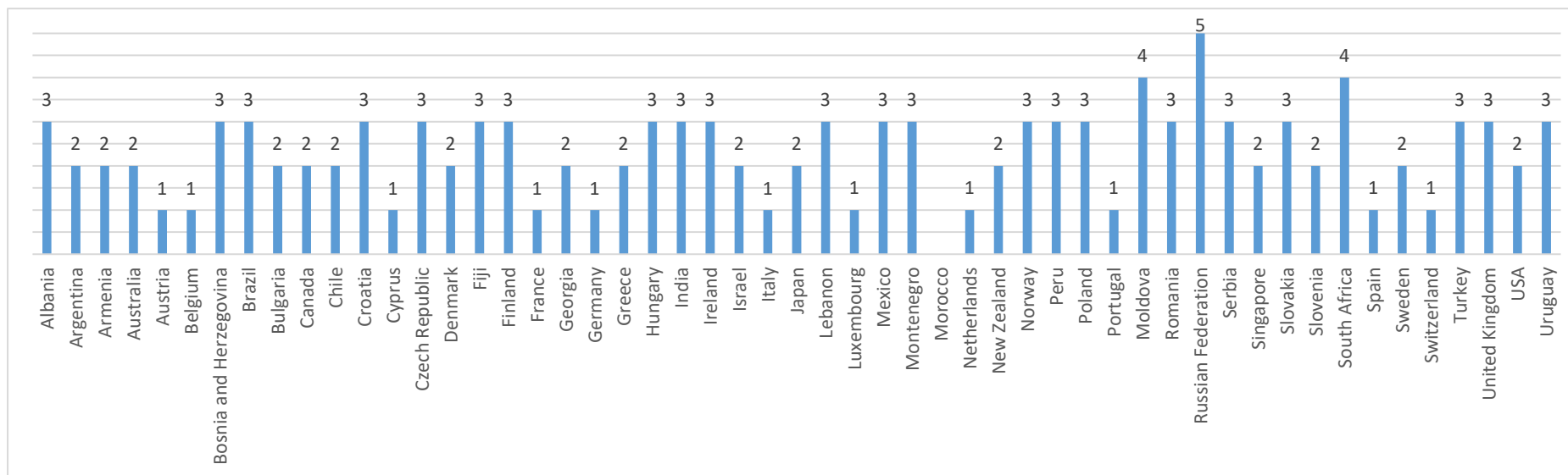
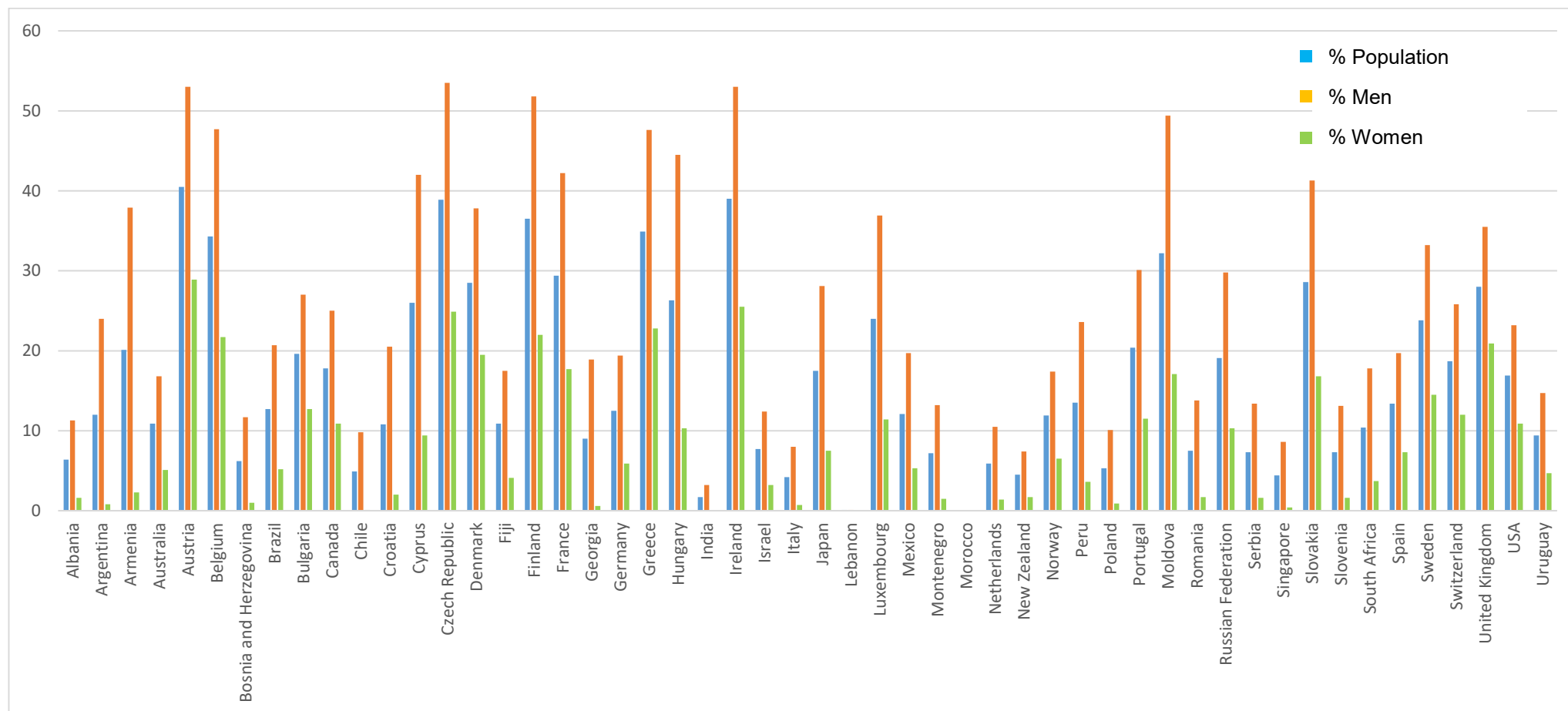
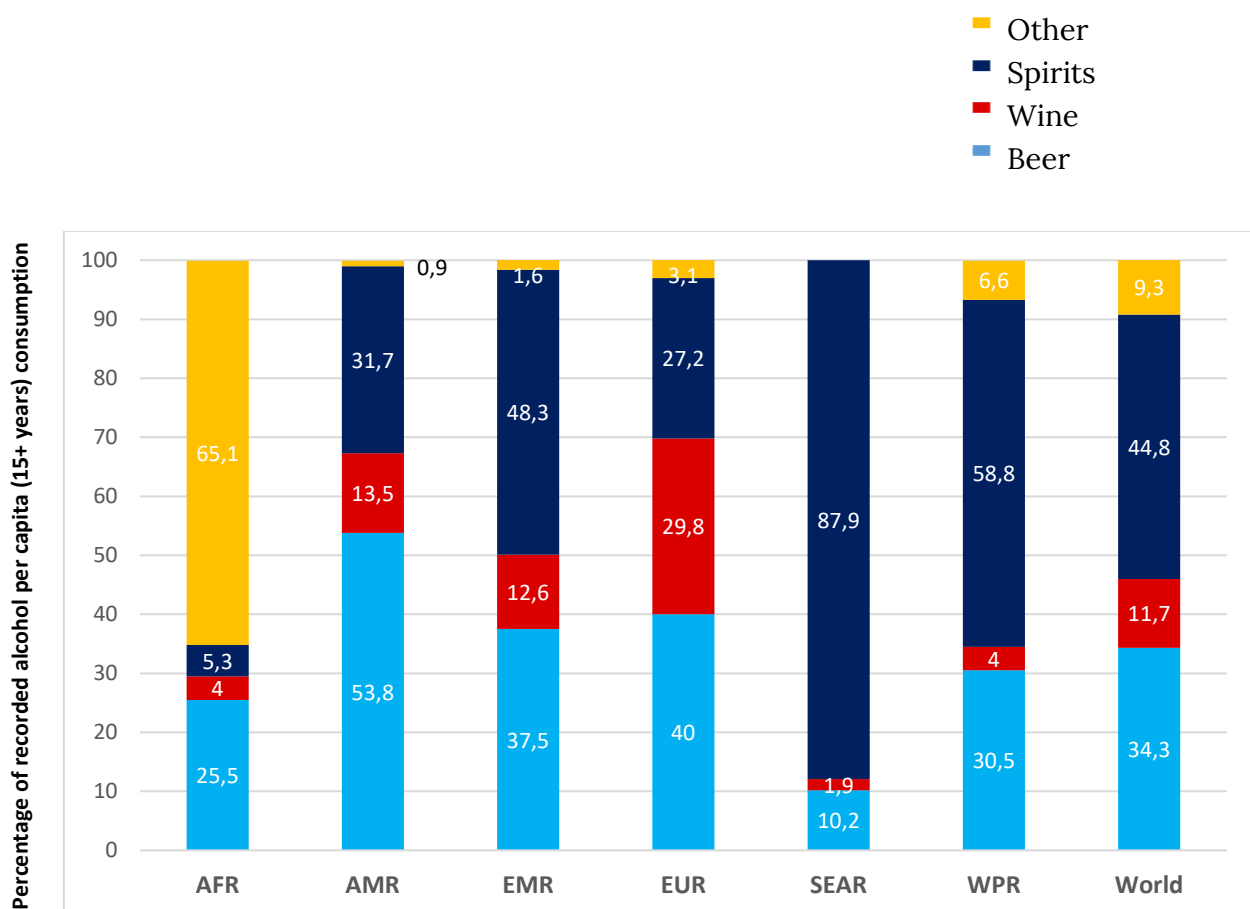


Figure 3. Alcohol, heavy episodic drinking (drinkers only) past 30 days (%), WHO 2010



According to the WHO, geographical differences exist regarding the type of alcohol people consume – beer, wine, spirits or other alcoholic beverages (e.g. fortified wines, rice wine or other fermented beverages made of sorghum, millet or maize) (see Figure 4). Globally, 50.1% of total recorded alcohol is consumed in form of spirits, which are also the most consumed beverage type in the WHO South-East Asia and Western Pacific regions. The second most consumed beverage type is beer, which accounts for 34.8% of all recorded alcohol consumed in the world. It is the most consumed type of beverage in the WHO Region of the Americas (55.3%). Only 8.0% of total recorded alcohol is consumed in the form of wine. However, consumption of wine represents one fourth of total consumption in the WHO European Region (25.7%) and one ninth of total consumption in the WHO Region of the Americas (11.7%), notably due to the high share of wine consumption in Argentina and Chile. “Other” beverages only represent 7.1% of all consumption, but constitute the most popular beverage type in the African Region (51.6% of total recorded consumption) (WHO 2014).

Figure 4. Proportion (%) of recorded alcohol per capita (15+ years-old people) consumption consumed in form of beer, wine, spirits and other types of beverages by WHO region and the world, 2018



WHO Region

AFR: WHO African Region, **AMR:** WHO Region of the Americas, **EMR:** WHO Eastern Mediterranean Region,

EUR: WHO European Region, **SEAR:** WHO South-East Asia Region, **WPR:** WHO Western Pacific Region

DEFINITION OF STANDARD DRINKS

Alcoholic beverages are sold and served in many different sizes. Different types of alcoholic drinks contain different amounts of alcohol and glass sizes are often not the same between venues. This can make it difficult to know how many standard drinks are in each drink that is consumed. Using standard drinks to measure the individual alcohol consumption is more accurate than counting the number of drinks consumed.

Each country has its own definition of a standard drink (how much pure alcohol a drink contains) and in certain cases, its own recommendations for hazardous drinking defined as number of standard drinks consumed per day or per week.

No international consensus in drinking guidelines exists. Some countries expressed their national drinking guidelines by weekly and/or daily consumption and in term of standard drinks or grams of pure alcohol.

The WHO defines a “standard drink” as “A volume of beverage alcohol (e.g. a glass of wine, a can of beer, or a mixed drink containing distilled spirits) that contains approximately the same amounts (in grams) of ethanol regardless of the type of beverage. The term is often used to educate alcohol consumers about the similar effects associated with consuming different alcoholic beverages served in standard-sized glasses or containers (e.g. the effects of one glass of beer are equal to those of one glass of wine)” (WHO 1994)².

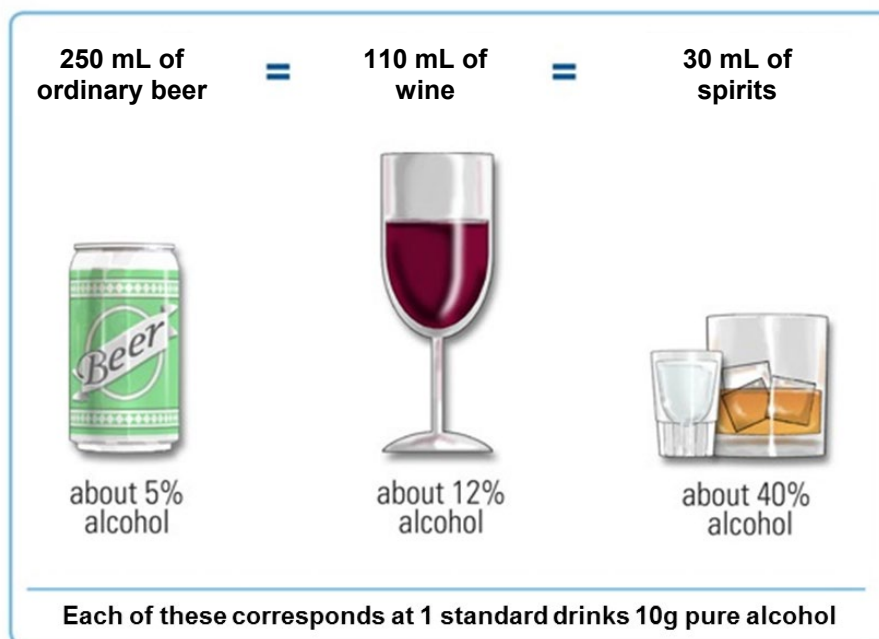
The figures of the standard drink for each country have been obtained collecting using recent literature and documents available on the subject. For the OIV member states, the OIV Secretariat has undertaken a survey in January 2018 to ascertain and to determine the number of grams of alcohol in standard drinks. A questionnaire has been sent to the OIV National correspondents in order to get the most accurate data.

Official ‘drinks’ or ‘units’ generally contain between 8 and 20 grams of pure ethanol, although the measure varies among countries as there is no consensus internationally on a single standard drink size (Table 3 and Figure 4). Of the 62 countries, where this information is readily available and accessible, four countries specify 8 g, 21 countries specify 10 g, six countries specify 12 g, two countries specify 13 g, three countries specify 14 g, one country each specifies 13.6, 15, 19.75 and 20 g as a standard drink measure. The sizes of servings in countries, however, are largely shaped by local habits and culture as are the strengths of different types of beverage alcohols.

² http://apps.who.int/iris/bitstream/10665/39461/1/9241544686_eng.pdf

Certain countries have a maximum recommended gram intake per day without defining unit size while others are simply not listed, such as those where the consumption of alcohol is forbidden for cultural or religious reasons.

The lack of consistency in the standard drink definition is a further complexity in a set of complex messages on reducing risk from alcoholic beverages. Some years ago, the OIV encouraged without success to define a standard drink as 10 g of ethanol. This would facilitate comparisons between epidemiological studies conducted in different countries.



Pure alcohol mass in a serving can be calculated as follows.

Pure alcohol mass = volume X (alcohol by volume X volumetric mass density)

Pure alcohol has density of 789.24 g/L (at 20 °C).

For example, 0.250 litre glass of beer with alcohol by volume of 5% has 9.9 grams of pure alcohol.

$0.250 \text{ L} \times (0.05 \times 789.24 \text{ g/L}) = 9.9 \text{ g pure alcohol}$

Table 1 Grams of alcohol in a standard drink in OIV Member states

OIV Members states	Standard Drink (in g ethanol or mL ethanol)
Argentina*	13-15 g
Armenia	10 g
Australia*	10 g (equivalent to 12.5 mL of pure alcohol)
Austria*	20 g 25 mL Alcohol
Belgium⁴	Not defined
Bosnia and Herzegovina³	10 g
Brazil*	10-12 g
Bulgaria	8 g
Chile*	14 g
Croatia*	10 g
Cyprus*	Not defined
Czech Republic	10 g
France*	10 g
Georgia³	10 g
Germany*	10-12 g
Greece*	8 grams or 10 mL of ethanol
Hungary	Not defined
India³	8 g
Israel⁴	14 g
Italy*	12 g
Luxembourg⁵	10 g
FYROM³	14.2 g

³ Source: IARD Drinking Guidelines: General Population <http://www.iard.org/policy-tables/drinking-guidelines-general-population/>

* Source: OIV national correspondent

⁴ Sassi, F.(ed.) (2015), Tackling Harmful Alcohol Use: Economics and Public Health Policy, OECD Publishing, Paris. <http://dx.doi.org/10.1787/9789264181069-en>.
<http://www.oecd.org/health/health-systems/tackling-harmful-alcohol-use-9789264181069-en.htm>

⁵ Source: Directorate of Health, <http://www.tropdalcool.lu/>

OIV Members states	Standard Drink (in g ethanol or mL ethanol)
Moldavia*	10 g
Montenegro*	Not defined
Malta³	8 g
Mexico*	13 g
Netherlands⁷	10 g
New Zealand*	10 g
Norway*	12,15 g
Peru⁶	10 g
Portugal*	Not defined
Romania*	10 g
Serbia⁶	13 g
Slovenia⁷	10 g
Slovakia*	Not defined
South Africa⁶⁶	Not defined
Spain*	10 g
Sweden*	Not defined
Switzerland*	10-12 g
Turkey*	Not defined
Uruguay⁶	10 g

⁶ <http://www.iard.org/policy-tables/drinking-guidelines-general-population/>

* Source: OIV national correspondent

Table 2 Grams of alcohol in a standard drink in non OIV Member states

Non OIV Members states	Standard Drinks (in g ethanol or mL ethanol)
Albania ⁷	10 g
Canada ⁸	13.6 g
Denmark ²	12 g
Estonia ²	10 g
Fiji ¹	10 g
Finland ²	12 g
Grenada ¹	14 g
Ireland ²	10 g
Japan ¹	20 g
Kazakhstan ¹	12 g
Korea ¹	8 g
Latvia ⁹	12 g
Lithuania ²	10 g
Mauritius ¹	8 g
Namibia ¹	10 g
Philippines ¹	12 g
Poland ²	10 g
Singapore ¹	10 g
United Kingdom ²	8 g
USA ¹	14 g
Vietnam ¹	10 g

⁷ <http://www.iard.org/policy-tables/drinking-guidelines-general-population/>

⁸ Sassi, F.(ed.) (2015), Tackling Harmful Alcohol Use: Economics and Public Health Policy, OECD Publishing, Paris. <http://dx.doi.org/10.1787/9789264181069-en>.

<http://www.oecd.org/health/health-systems/tackling-harmful-alcohol-use-9789264181069-en.htm>

⁹ RARHA Standard drink measures throughout Europe; peoples' understanding of standard drinks and their use in drinking guidelines, alcohol surveys and labelling; Deirdre Mongan, Jean Long RARHA 2015.

<http://www.rarha.eu/Resources/Deliverables/Lists/Deliverables/Attachments/14/WP5%20Background%20paper%20Standard%20drink%20measures%20HRB.pdf>

Table 3 Minimum drinking age by country

OIV Members states	Age limit for the purchase/consumption of alcoholic beverages?
Argentina*	18 years
Australia*	18 years In all Australian states and territories people aged under 18 are prohibited from consuming, purchasing and being sold or supplied alcohol on licensed premises. The laws regarding secondary supply of alcohol to minors differs between states and territories.
Austria*	16 years
Belgium	16 years for beer and wine 18 years for distilled beverages
Bosnia and Herzegovina	18 years
Brazil*	18 years
Bulgaria	18 years
Chile*	18 years
Croatia*	18 years
Cyprus*	17 years under revision proposed 18 years in 2018
Czech Republic	18 years
France*	18 years
Georgia	16 years
Germany*	Wine: 16 years Sparkling wine: 16 years Beer: 16 years Spirits: 18 years
Greece*	18 years
Hungary*	18 years
India	18–25 (varies by jurisdiction)
Israel	18 years
Italy*	18 years
Luxembourg	16 years
FYROM	18 years (16 for beer)
Malta	17 years

* Source: OIV national correspondent

OIV Members states	Age limit for the purchase/consumption of alcoholic beverages?
Mexico	18 years
Moldavia*	18 years
Montenegro*	18 years
Netherlands	18 years
New Zealand*	18 Years There is no age when it is illegal to consume alcohol in New Zealand. Alcohol can be consumed at any age
Norway*	18 years
Peru	18 years
Portugal*	18 years
Romania*	18 years
Serbia	16 years
Slovenia	18 years
Slovakia*	18 years
South Africa	18 years
Spain*	18 years
Sweden*	18 years at restaurants 20 years at Systembolaget (beer over 3.5 vol%, other alcoholic beverages over 2.25 vol%) 18 years at other retail (beer between 2.25 vol% and 3.5 vol% other beverages up to 2.25 vol%) Minors may be offered a drink under special in law described circumstances, however not at restaurants.
Switzerland*	16 years alcoholic beverages 18 years distilled beverages
Turkey*	18 years
Uruguay	18 years
United Kingdom	18 years
USA	21 years

NATIONAL ALCOHOL DRINKING GUIDELINES

Recommended drinking levels

Approximately 64 of the 194 member countries of the WHO have alcohol drinking recommendations (Tables 4 and 5) but only approximately four of these (Australia, Canada, UK and USA) have comprehensive guidelines. Moderation really refers to consumption, that is, the amount of alcohol that an individual can consume without significantly increasing their risk of negative consequences or harm (Dufour, 1999), to both health and society. In general, drinking levels have been defined in terms of both daily and weekly amounts, which reflects consideration of both the amount and pattern of alcohol consumption associated with risk of harm (National Health and Medical Research Council 2009). Indeed, countries' guidelines are often expressed as daily as well as weekly amounts.

Certain countries, however, still do not have a culture of consuming alcoholic beverages and hence moderate consumption is approximately equivalent to abstinence there. Indeed, the National Dietary Guidelines of Thailand and that of The Philippines, Indonesia and Guyana, recommend that individuals should avoid alcohol consumption altogether or at least reduce their intake, while the United Arab Emirates state liquor permits the purchase and consumption of alcohol is only available to non-Muslims.

According to the WHO (WHO 2001 Brief interventions), low-risk drinking involves limiting alcohol use to amounts and patterns that are unlikely to cause harm to oneself or others. Scientific evidence indicates that the risk of harm increases significantly when individuals consume more than two drinks per day and more than five days per week. Moreover, even smaller amounts of alcohol present risks in certain circumstances. Following the simple rules below can reduce the risk to the individual's health and the possibility someone else might get hurt:

- Have no more than two drinks of alcohol per day
- Drink no more than five days per week
- Do not use any alcohol at times when you:
 - Drive or operate machinery
 - Are pregnant or breast feeding
 - Are taking medications that react with alcohol
 - Have medical conditions made worse by alcohol

- Cannot stop or control your drinking ¹⁰

Recommendations on drinking levels considered 'minimum risk' for men and women exist in many countries globally. Official guidelines on alcohol consumption are usually produced by a government, public health body, medical association or inter-governmental organization, such as WHO to advise on levels of alcohol consumption.

Tables 4 and 5 and Figure 5, show that while the recommendation on drinking level is relatively consistent, being approximately 20 g alcohol/day for both men and women, there are some significant differences between countries' recommendations. It is not difficult to identify inconsistencies among these recommendations.

For example, the recommendations for drinking daily level range from 8 g alcohol/day for men and women in Guyana, to 40 g alcohol/day for men in Estonia, Japan, Korea, Poland, Romania and Spain, and 41.6 g alcohol/day for men in Canada, to 70 g alcohol/day for both men and women in the Basque region of Spain. With the regards to the weekly consumption, the recommendations range from 70-80 g alcohol/week for men and women in Kazakhstan to 280 g alcohol/week for men and 170 g alcohol/week for women in Spain. In some countries, and even within different regions of the same country, recommended levels vary, sometimes up to two- or three-fold. Some governments make recommendations for daily intakes, some weekly, and some both daily and weekly. For example, as shown in Tables 4 and 5, recommended drinking levels for men ranges between 14 and 40 g alcohol per day, and between 70-80 and 280 g per week, and for women ranges between 8 and 27.6 g alcohol per day and between 70-80 and 140 g per week.

Most, but not all, governments make different recommendations for men and women, where a recommended level of consumption for women is generally approximately one-half that is considered for men. Only some governments, however, also take an individual's age and body weight into account, specify levels for individuals with certain medical conditions, or provide special recommendations for pregnant women. In addition, there is no consistency on the sizes of standard drinks across countries, which generally reflects differences in cultures and customs.

It is important to note that many governments establish their recommendation according the guiding principles for development and implementation of alcohol policies at all levels, as listed in the Global strategy to reduce the harmful use of alcohol (WHO, 2010a). These principles reflect the multifaceted determinants of alcohol related harm and the concerted multi-sectoral actions required to implement effective interventions.

¹⁰ http://apps.who.int/iris/bitstream/10665/67210/1/WHO_MSD_MSB_01.6b.pdf

Guiding principles for development and implementation of alcohol policies at all levels (WHO, 2010a):

- a) Public policies and interventions to prevent and reduce alcohol-related harm should be guided and formulated by public health interests and based on clear public health goals and the best available evidence.
- b) Policies should be equitable and sensitive to national, religious and cultural contexts.
- c) All involved parties have the responsibility to act in ways that do not undermine the implementation of public policies and interventions to prevent and reduce harmful use of alcohol.
- d) Public health should be given proper deference in relation to competing interests and approaches that support that direction should be promoted.
- e) Protection of populations at high risk of alcohol-attributable harm and those exposed to the effects of harmful drinking by others should be an integral part of policies addressing the harmful use of alcohol.
- f) Individuals and families affected by the harmful use of alcohol should have access to affordable and effective prevention and care services.
- g) Children, teenagers and adults who choose not to drink alcoholic beverages have the right to be supported in their non-drinking behaviour and protected from pressures to drink.
- h) Public policies and interventions to prevent and reduce alcohol-related harm should encompass all alcoholic beverages and surrogate* alcohol.

It has also been found that alcohol policy is rarely dictated by scientific evidence, despite major advances in the understanding of drinking patterns, alcohol-related problems, and policy interventions. Though a gap exists between the research and subsequent translation into policy action, it is worth noting that research can provide policy-makers with concrete evidence as to which policies are most likely to achieve their desired goals. Whether alcohol policies result from science alone or some combination of other factors, it is important that their outcome be subjected to scientific scrutiny. It is only by doing so that one can determine where policies are successful in attaining a desired outcome and deserving of replication, where modifications may be needed to improve the success of a policy, or where policies should be discarded (National Institute on Alcohol Abuse and Alcoholism (NIAAA), 1993).¹¹

* Surrogate alcohol refers to liquids usually containing ethanol and not intended for consumption as beverages that are consumed orally as substitutes for alcoholic beverages with the objective of producing intoxication or other effects associated with alcohol consumption.

¹¹ http://www.who.int/substance_abuse/publications/en/Alcohol%20Policy%20Report.pdf

New Trends

There is some inclination among experts to rely on an international body to set the standard, primarily the World Health Organization (WHO). Among the 12 steps to healthy eating, the WHO “does not set particular limits for alcohol consumption because the evidence shows that the ideal solution for health is not to drink at all, therefore less is better”.¹²

Generally drinking guidelines have reduced the amounts not to be exceeded in order to reduce risk of harm stressing that there is no level of alcohol consumption totally free of risk. It is interesting to note that in the new guidelines, terms such as “safe”, “sensible” or “moderate” have been replaced by “low risk.”¹³

The WHO uses the prevalence of heavy episodic drinking (HED), defined as drinking at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days, as an indicator for acute consequences of alcohol use in a population¹⁴

Changes to countries’ alcohol drinking guidelines between 2013 and 2018 suggest that *generally* there has been a trend towards:

- decreased recommended daily limits for men and women (g alcohol);
- different daily limits for age groups – youth and young adults, and adults aged ≥64
- weekly limits rather than daily limits, or both weekly and daily limits;
- recommendations of abstinence from alcohol for two (or more) days per week; and definitions for low, moderate and high risk alcohol consumption, as well as for single occasion risky consumption.

In Italy, for example, contrary to the 2003 dietary guidelines, the Livelli di Assunzione di Riferimento di Nutrienti (LARN) has changed its description of ethanol and alcoholic beverages to “a toxic, carcinogenic and psychoactive substance” for which no intake level “recommended” or compatible with good health can be specified (SINU, 2014). Indeed, alcohol consumption has been described in terms of increasing risk of harm, with low risk consumption defined as less than two units per day for men and less than one unit for women.¹⁵ Updated dietary and drinking guidelines have accordingly shifted from potential

¹² <http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle>

¹³ Room R & Rehm J (2012) Clear criteria based on absolute risk: Reforming the basis of guidelines on low-risk drinking. *Drug and Alcohol Review* 31, (March) 135–140

¹⁴

http://www.who.int/gho/alcohol/consumption_patterns/heavy_episodic_drinkers_text/en/

¹⁵ 8 SINU. (2014) LARN – Livelli di Assunzione di Riferimento di Nutrienti ed Energia per la popolazione italiana. Milano: Società Italiana di Nutrizione Umana (SINU)

benefit to potential harm, and from risk-free alcohol consumption to only consumption involving lower risk.¹⁶

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¹⁶ http://www.salute.gov.it/imgs/C_17_pubblicazioni_652_allegato.pdf;
<http://www.crea.gov.it/wp-content/uploads/2017/10/Anticipaz-Linee-guida-Alimentaz-2017.pdf>

Table 4 National alcohol consumption guidelines of OIV Member states.

Countries that developed the guidelines are listed and the table includes recommendations for men and women, size of the standard drink (in grams of ethanol), and other recommendations or notes

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
Argentina*	Secretariat of Programming for the Prevention of Drug Addiction and the Fight against Drug Trafficking (SEDRONAR) that reports directly to the Presidency of the Nation. Ministry of Health of the Argentine Nation.	13-15 g	Men: ≤ 2 drinks/day Women: ≤ 1 drinks/day	<p>For men: 2 drinks per day maximum (One drink represents between 13 and 15 grams of alcohol, equivalent to 350 mL of beer, 150 mL of wine or 45 mL of high-strength liquor.)</p> <p>For Women: 1 drink per day maximum (One drink represents between 13 and 15 grams of alcohol, equivalent to 350 mL of beer, 150 mL of wine or 45 mL of high-strength liquor.)</p> <p>It is recommended NOT to drink alcohol in any stage of pregnancy</p> <ul style="list-style-type: none"> • Consumption without risk <p>"Consumption of random substance that has not generated risks for itself, for its environment or for the community"</p> <ul style="list-style-type: none"> • Risk consumption <p>"When the pattern of consumption of alcohol or psychoactive substances is such that if it persists over time there is a likelihood of adverse consequences, either by the occurrence of damage to health and / or other social, legal, and other negative consequences, etc."</p> <ul style="list-style-type: none"> • Excessive consumption <p>"When the type of link established with the substance directly or indirectly produces negative consequences for the individual or for third parties. It may or may not have a systematic frequency, it includes the Excessive Alcohol Consumption (CEAS),. which is defined as Alcohol intake of more than 5 units in men and more than 3 units in women, in a single occasion or in a period of a few hours."</p> <ul style="list-style-type: none"> • Others

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>"Consumption dependence: To the set of physiological, behavioral, emotional and cognitive manifestations that show that the consumption of one or more substances acquires, for the affected person, a disproportionate priority in relation to other behaviors that used to have high value is called Consumption Dependence. In this case, the consumption has the systematic frequency, and the amount of it can vary considerably in each person, without altering the diagnosis of the picture.</p> <p>According to National Law 24788/1997 in Art 5°.- The alcoholic beverages that are commercialized in the country, must carry in their containers, with remarkable characters and in a visible place, the alcoholic strength corresponding to their content. The following will also be consigned: legends: "Drink with moderation." "Prohibited its sale to minors under 18 years of age."</p> <p>Any advertising or incentive for the consumption of alcoholic beverages is prohibited, when:</p> <ul style="list-style-type: none"> a) It is directed to minors of eighteen (18) years; b) Use pictures of children under eighteen (18) years of age drinking; c) Suggest that the consumption of alcoholic beverages improves the physical or intellectual performance of people; d) Describe the consumption of alcoholic beverages as a stimulant of sexuality and / or of the violence in any of its manifestations; e) Do not include in a letter and in a visible place the legends "Drink with moderation". <p>"Prohibited its sale to under 18 years old".</p> <p>Art 7°.- Prohibition in all the national territory the realization of contests, tournaments or events of any nature, be it with or without profit, that require the intake of alcoholic beverages denaturing the principles of tasting, tasting or any other way destined to evaluate the quality of the products.</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					<p>Sources:</p> <ul style="list-style-type: none"> ○ Ley Nacional de Lucha contra el Alcoholismo. Ley 24788/1997 ○ http://www.buenosaires.gob.ar/desarrollohumanoyhabitat/adicciones/cuidadosenelconsumodealcohol ○ www.msal.gob.ar/.../0000000817cnt-2016-04_Guia_Alimentaria_completa_web.pdf ○ http://www.msal.gob.ar/index.php/component/content/article/46-ministerio/183-consumo-responsable-de-alcohol- ○ Ministerio de Salud SALUD PUBLICA : Resolución 1170/2010. Implementase el Programa Nacional de Prevención y Lucha contra el Consumo Excesivo de Alcohol, creado por la Ley N° 24.788. Año 2010 ○ Resolución 24/1997 del Instituto Nacional de Vitivinicultura (INV) se adhiere a la exigencia de rotulación de la graduación alcohólica y de las leyendas “Beber con moderación” y “Prohibida su venta a menores de 18 años” en todas las bebidas alcohólicas de origen vínico que se comercialicen. ○ Resolución 504/1997 del Ministerio de Salud y Acción Social establece la incorporación al Código Alimentario Argentino como, artículo 1125 bis, la rotulación de la graduación alcohólica en bebidas alcohólicas así como la consignación de las leyendas “beber con moderación” y “prohibida su venta a menores de 18 años”. ○ Decreto reglamentario 149 de 2009 que aprueba la Reglamentación de la Ley Nacional de Lucha Contra el Alcoholismo. ○ Decreto 688 de 2009 modifica y complementa los artículos 5 y 6, reglamentando la tipificación de la rotulación y leyendas y reglamenta el formato de inclusión de dichas leyendas en la publicidad en medios de comunicación masiva. ○ www.msal.gob.ar/saludmental/images/stories/info.../pdf/2015-04-21_phai-web.pdf
Armenia ^a	Ministry of Health, Order 191 of 16 February 2010 Adult	10 g	Men: Women:	≤ 2 drinks/day ≤ 2 drinks/day	<p>Do not use alcohol, if you are driving or doing work that requires focus, or you are taking medication.</p> <p>Sources:</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
	dietary guidelines				http://www.iard.org/policy-tables/drinking-guidelines-general-population/
Australia*	National Health and Medical Research Council (NHMRC) Australian Government National Health and Medical Research Council (NHMRC).	10 g	Men: Women:	≤ 2 drinks/day ≤ 1 drinks/day	<p>For healthy men and women, drinking no more than four standard drinks on a single occasion.</p> <p>It is recommended that children and young people under 18 years of age do not drink alcohol. Young adults (aged 18-25 years) are recommended to drink within the recommendations for men and women (no more than two standard drinks on any day and no more than four standard drinks on a single occasion).</p> <p>Older people (over 60 years of age) are recommended to consult their health professional about the most appropriate level of drinking for their health.</p> <p>It is recommended that women who are pregnant, or planning a pregnancy, do not drink.</p> <p>People with a family history of alcohol dependence: it is recommended that this group reduce their drinking level to below the standard for men and women (no more than two standard drinks on any day and no more than four standard drinks on a single occasion) and consult with a health professional about their alcohol intake.</p> <p>It is recommended that people within the groups outlined below consult their health professional about their alcohol intake:</p> <ul style="list-style-type: none"> ▪ people taking medication ▪ people with alcohol-related or other physical conditions ▪ people with mental health conditions. <p>The Australian guidelines for alcohol consumption focus on the effects of alcohol during and immediately after drinking, as well as the concept of lifetime risk of alcohol-related disease or injury as a result of drinking alcohol regularly over a lifetime.</p> <p>The guidelines use the epidemiological definition of risk – a person’s risk of experiencing an adverse health outcome in a specified time period.</p> <p>The guidelines for healthy adults are calculated based on:</p> <ul style="list-style-type: none"> ▪ the risk of developing alcohol-related diseases as a result of drinking at specific levels on a regular basis over a lifetime, compared with not drinking ▪ the cumulative lifetime risk of death from injury associated with many drinking occasions, compared with not drinking

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<ul style="list-style-type: none"> ▪ the immediate increase in the risk of injury associated with drinking a defined amount of alcohol on a single drinking occasion, compared with not drinking. <p>The label on the package of an alcoholic beverage containing more than 1.15 per cent alcohol by volume must include a statement of the alcohol content. This statement must indicate the volume of alcohol in the alcoholic beverage as a proportion of the alcoholic beverage.</p> <p>The label on a package of an alcoholic beverage must include a statement of the number of standard drinks in the package.</p> <p>The label on a package of an alcoholic beverage containing 1.15 per cent alcohol by volume or less must also include a statement of the alcohol content. This does not apply to alcoholic beverages containing less than 0.05 per cent alcohol by volume. The statement must indicate that the alcoholic beverage contains not more than a certain proportion of alcohol by volume, with the food business to include the proportion in the statement.</p> <p>Health claims and nutrition content claims, other than nutrition content claims about energy content or carbohydrate content, are prohibited on alcoholic beverages that contain more than 1.15 per cent alcohol by volume.</p> <p>DrinkWise Australia, an independent, not-for-profit organisation established by the alcohol industry, develops consumer information messages for alcohol labels. The aim of the messages is to assist Australian consumers to better understand the facts about alcohol consumption. The adoption of advisory messages on alcohol labels is voluntary. The two labels available are:</p> <ul style="list-style-type: none"> ▪ Get the facts DrinkWise.org.au ▪ It's safest not to drink while pregnant – this label can also be accompanied by a pictogram. <p>Sources</p> <p>The following documents are included as attachments:</p> <ul style="list-style-type: none"> ▪ Australian Guidelines to Reduce Health Risks from Drinking Alcohol ▪ Labelling of Alcoholic Beverages User Guide ▪ Secondary supply – What the legislation says about supplying alcohol to young people.

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					NHMRC 2009, <i>Australian Guidelines to Reduce Health Risks from Drinking Alcohol</i> , Australian Government National Health and Medical Research Council, Canberra. Link: https://www.nhmrc.gov.au/guidelines-publications/ds10 https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ds10-alcohol.pdf Please note the Australian guidelines (<i>Australian Guidelines to Reduce Health Risks from Drinking Alcohol</i>) are currently being revised, with public consultation on the draft guidelines expected in the third quarter of 2018 and the new guidelines expected to be published in early 2019
Austria*	Federal Ministry of Labor, Social Affairs, Health and Consumer Protection	20 g	Men: Women:	\leq -24 g/day \leq -16 g/day	Men: up to 24 grams of pure alcohol per day Women: up to 16 grams of pure alcohol per day Sources: https://www.bmgf.gv.at/home/Startseite/
Belgium^a	Belgian Federal Public Service Health	Not defined	Men: Women:	\leq -21 drinks / week \leq -14 drinks / week g/day	Sources: http://www.health.belgium.be/fr/sante/prenez-soin-de-vous/alcool-et-tabac/alcool
Bosnia and Herzegovina^a	Institute for Public Health	10 g	Men: Women:	\leq -20 g/day \leq -10 g/day	Drinking immoderate amounts of alcohol has harmful effects on health. Men should drink no more than two drinks or 20 g of pure alcohol a day, while women can drink only one drink, and 10 g of pure alcohol. Pregnant women should refrain from drinking alcohol! Sources: Guide on nutrition for the adult population (2004)
Brazil*	Ministry of Health	10-12 g	Men: Women:	- -	No official guidelines The mention »Evite o consumo excessivo de álcool » has to be written on the label of alcoholic beverages above 13% of alcohol.

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>Sources: http://bvsmms.saude.gov.br/bvs/publicacoes/relatorio_padroes_consumo_alcool.pdf http://bvsmms.saude.gov.br/bvs/publicacoes/guia_alimentar_populacao_brasileira_2ed.pdf</p>
Bulgaria^a	Ministry of Health	8 g	Men: ≤-16 g/day Women: ≤-8 g/day	<p>Recommendations are for ages 18–65. Students ages 7 to 19: Do not consume alcohol. Moderate consumption is up to 20 mL or 16 g of pure ethanol per day, equivalent to a glass of wine, a beer, or 50 mL spirit. Due to metabolic differences, for women moderate consumption is about half of these amounts.</p> <p>Sources: Guidelines for healthy eating</p>
Chile*	Ministry of Health	14 g	Men: < 4 drinks/day Women: < 3 drinks/day	<p>If a standard measure has not been established officially, the ministry of health defined 14 grams of alcohol as equivalent to drink Men: 4 drinks or 56 g alcohol/day Women: 3 drinks or 42 g alcohol/day</p> <ul style="list-style-type: none"> • Consumption at Risk <p>More than 5 drinks for men or more than 70 grams of alcohol / day and more than 4 drinks for women or more than 56 grams of alcohol / day</p> <p>Sources http://www.enfermeriaaps.com/portal/?wpfb_dl=3822</p>
Croatia*	Ministry of health	10 g	Men: ≤-20 g/day Women: ≤-10 g/day	<p>Men: may take one or two drinks daily, and not more than 20 g of pure alcohol Women: shouldn't take more than 10 g of pure alcohol. older people should limit their alcohol consumption to one drink per day women should not drink during pregnancy certain groups of people who should not drink alcohol at all. These groups are: people who intend to drive a motor vehicle, people whose work requires certain skills or who work on heights, people who are on medication which interacts with alcohol, people whose medical condition could worsen with alcohol consumption, treated alcoholics, and minoroccasional consumption of one or two drinks per day for men and one drink per day for women should not leave toxic effects on individuals health Heavy episodic drinking is defined as 60 grams+ of pure alcohol for men and 40+ grams for women consumed at least monthly (RARHA)</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>Sources: Croatian Association for Treated alcoholics - http://www.hskla.hr/ovisnostOalkoholu.htm Article 13 Hospitality and Catering Industry Act- https://www.zakon.hr/z/151/Zakon-o-ugostiteljskoj-djelatnosti Article 11 Trade Act - https://www.zakon.hr/z/175/Zakon-o-trgovini Alcohol as a public health issue in Croatia - Situation analysis and challenges - http://www.euro.who.int/__data/assets/pdf_file/0014/340052/Final-report-Croatia.pdf Ministry of Health: Dietary guidelines for adults 2002 (Croatian: Prehrambene smjernice) http://www.fao.org/3/aas670o.pdf RARHA - http://www.rarha.eu/Resources/Deliverables/Lists/Work%20Package%205/Attachments/16/WP5%20Background%20paper%20Standard%20drink%20measures%20HRB.pdf Ministry of Health - https://zdravlje.gov.hr/print.aspx?id=2825&url=print</p>
Cyprus*	The National Addictions Authority of Cyprus (NAAC).	Not defined	Men: ≤-20 g/day Women: ≤-10 g/day	<p>One drink is defined by 150 mL of wine, 50 mL of spirits, 50 mL of the shot, 45 mL of zivania, 330 mL of beer Men: 2 drinks or 20 g of alcohol per day Women: 1 drink or 10 g of alcohol per day General Advice-total abstinence during pregnancy and breast feeding period Total abstinence of youngsters under 17 years old An excessive consumption: 5+ drinks on one occasion-heavy problematic drinking (binge drinking) among young people</p> <p>Sources : The Cyprus Supply Chain Complaints Authority http://www.naac.org.cy/</p>
Czech Republic ^a	National Institute of Public Health	10 g	Men: ≤-24 g/day Women: ≤-16 g/day	<p>Two days without alcohol per week are recommended. Men and women: not to exceed 40 g on any one occasion Keep in mind that in some situations even a single drink might be risky (for example before driving).</p> <p>Sources: Overview of national guidelines for moderate consumption of alcoholic beverages: low-risk doses of ethanol (December 2015)</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
France*	Health Ministry	10 g	Men: Women:	≤-2 drinks/day ≤-1 drink/day	<p><u>For men :</u></p> <ul style="list-style-type: none"> • not to consume more than 10 standard drinks per week and no more than 2 standard drinks per day; to have days in the week without consumption. <p>for every occasion of consumption, it is recommended:</p> <ul style="list-style-type: none"> • reduce the total amount of alcohol you drink; • drink slowly, eating and alternating with water; • avoid risky places and activities; • make sure you have people you know close to you and that you can go home safely. <p><u>For women :</u></p> <ul style="list-style-type: none"> • not to consume more than 10 standard drinks per week and no more than 2 standard drinks per day; to have days in the week without consumption. <p>for every occasion of consumption, it is recommended:</p> <ul style="list-style-type: none"> • reduce the total amount of alcohol you drink; • drink slowly, eating and alternating with water; • avoid risky places and activities; • make sure you have people you know close to you and that you can go home safely. <p><u>For women who are planning to become pregnant</u>, who are pregnant or breastfeeding: To reduce the risk to your health and that of your child, the safest option is to not consume alcohol.</p> <p><u>For young people and teenagers</u>: To limit the risks to your health, the safest option is not to consume alcohol.</p> <p><u>In general</u>, the safest option is not to consume alcohol in case:</p> <ul style="list-style-type: none"> • driving a car; • handling tools or machines (DIY, etc.); • practicing sports at risk; • consumption of certain drugs; • the existence of certain pathologies. <p>A mandatory regulatory warning must be placed on advertisements and labels "Alcohol abuse is dangerous for your health", "Drink in moderation". A pictogram for the pregnant woman.</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>Sources: http://www.santepubliquefrance.fr/Actualites/Avis-d-experts-relatif-a-l-evolution-du-discours-public-en-matiere-de-consommation-d-alcool-en-France-organise-par-Sante-publique-France-et-l-Inca</p>
Georgia ^a	Ministry of Labor, Health and Social Affaires,	10 g	Men: ≤-20 g/day Women: ≤-10 g/day	<p>Ministry of Labor, Health and Social Affairs</p> <p>Sources: Healthy eating – the main key to health 2005 [http://www.fao.org/3/a-as682e.pdf]</p>
Germany*	Deutsche Hauptstelle für Suchtfragen (DHS, German Head Office for Dependence Matters)	10-12 g	Men: ≤-24 g/day Women: ≤-12 g/day	<p>Men: Max. ≤-24 g of alcohol per day, at least 2 non-alcoholic days per week Women: ≤-12 g of alcohol per day, at least 2 non-alcoholic days per week No alcohol consumption during pregnancy and lactation No alcohol consumption in the workplace, on the road, in the use of machinery, in sports, after treatment of alcohol dependence</p> <ul style="list-style-type: none"> • a risk-free alcohol consumption: There is no risk-free alcohol consumption, Thresholds for low-risk alcohol consumption for women and men (healthy people without additional genetic or acquired risk) see above. • a risk consumption: five glasses and more, each with about 10 g of alcohol in a drinking unit ("binge drinking") • excessive alcohol consumption: more than 24 g of alcohol a day for men, more than 12 g of alcohol a day in women <p>Source: Recommendations of the scientific committee of the DHS on limits for the consumption of alcoholic beverages</p>
Greece*	Ministry of Rural Development and Food in cooperation with the Ministry of Health	8 g	Men: ≤ 2 drinks/day Women: ≤ 1 drink/day	<p>Men: up to 2 drinks per day Women: up to 1 drink per day The safe drinking limits according to the alcohol units are as follows: Men: 3-4 units of alcohol / day Women: 2-3 units of alcohol / day and abstain 2 days a week if one day has been consumed with heavy drinking</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>No alcohol consumption during pregnancy A consumption without risk if alcohol is consumed during meals An episodic over-alcohol (binge drinking) is defined as the consumption within two hours, four or more for women and 5 or more for men</p> <p>Source^a: http://www.diatrofikoiodigoi.gr/files/html/adults/adults.html#66</p>
Hungary*	Ministry of Human Capacities Deputy State Secretariat for Chief Medical Officer's Affairs National Institute of Pharmacy and Nutrition	Not defined	Men: ≤ 2 units/day Women: ≤ 1 unit/day	<p>'Moderately' means no more than one unit per day for women and no more than two units per day for men. It is wise to drink alcoholic beverages at the same time as eating a meal, because alcohol will then be absorbed more slowly.</p> <ul style="list-style-type: none"> • A consumption at risk: More than 14 units per week or more than 5 units per day <p>Sources: http://www.fao.org/3/a-as684o.pdf http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/hungary/en/ .. http://www.oecd.org/health/health-systems/tackling-harmful-alcohol-use-9789264181069-en.htm http://www.mat.org.hu/doksi/Alkoholpolitikai_strategia_2006_OAI.pdf NGO established program called Hungarian Alcohol Industry Association Product Board Alcohol Moderate Consumption Division : http://www.italmertek.hu/</p>
India^a	National Drug Dependence Treatment Center	8 g	Men: ≤ 16 g/day Women: ≤ 8 g/day	<p>There are no guidelines which suggest that drinking up to a certain level is associated with zero risk. Any amount of alcohol can be harmful, in more ways than one! However, it has been found that drinking more than two drinks a day is associated with much higher risk of adverse consequences. Stay alcohol free at least 2 days in the week. Remember not to drink: when driving or using heavy machinery; when pregnant or trying to become pregnant; when breastfeeding; when taking certain medications (check the information leaflet); If you have certain medical conditions like liver disease (consult your doctor); If you cannot stop or control your drinking; If you already have some health or social problems related to alcohol drinking.</p> <p>In India, a standard drink corresponds to 10 mL of absolute alcohol.</p> <p>Sources: WHO Manual for use in primary care: Brief Intervention for Hazardous and Harmful Drinking Alcohol web India: Useful tips for lower-risk drinking (2016)</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
Italy*	CREA Center for the Research on Food and Nutrition CREA - Centro di Ricerca Alimenti e Nutrizione Ministry for Agriculture & Forestry Ministero delle Politiche Agricole, Alimentari, Forestali e del Turismo (MIPAAF) and National Institute for Food & Nutrition	12 g	Men: Women:	≤ 2 units/day ≤ 1 unit/day	<p>Young adults: Age <18 years: 0; Age > 18 years same for adults Olders: ≤ 1 unit/day No alcohol consumption during pregnancy No consumption for subjects with weight excess, obesity, people taking drugs, patients, people who have to drive dangerous machinery</p> <p>Sources: LARN IV REVISION (Levels of Reference Assumption of Nutrients and Energy for the Italian population) (the same as: Nutrient Reference Recruitment Levels 2014) is the national document that the Italian Society of Human Nutrition (SINU) recommends to all people involved in nutrition. For ethanol http://www.sinu.it/html/cnt/larn.asp LARN: last revision 2014. There will be an updated edition 2017-2018 in the next future. http://nut.entecra.it/files/download/linee_guida/lineeguida_intro.pdf and http://www.sinu.it/html/pag/tabelle_larn_2014_rev.asp</p>
Luxembourg^a	Ministry of Health	10 g	Men: Women:	2 drinks/day	<p>Tips for reduced risk consumption: Women should not drink more than 1 glass per day in average</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
	Directorate of health			<p>1 drink/day</p> <p>Men should not drink more than two glasses per day in average. Adopt two days a week without alcohol. It is best to spread the alcohol consumed over the week, rather than consuming it on one occasion. For women: maximum 3 glasses during an occasion / evening. For men: maximum 4 glasses during an occasion / evening. Avoid getting drunk. Do not drink alcohol if you are pregnant or breastfeeding. Check if your alcohol consumption is compatible with taking medication. Do not drink at the place of work or if you have to hit the road. Young people under the age of 18 should abstain from alcohol. During adolescence, the risk of injury is greater. Older people no longer tolerate alcohol as before. The quantities consumed should be divided by two. Excessive consumption means that a woman consumes 4 or more alcoholic beverages on one occasion, and a man 5 or more.</p> <p>Source: Directorate of Health, http://www.tropdalcool.lu/</p>
FYROM^a	Ministry of Health	14.2 g	Men: Women:	<p>≤ 28.8 g/day ≤ 14.4 g/day</p> <p>Minors and women who are pregnant or plan to become pregnant should avoid alcohol altogether</p> <p>Sources : Nutrition Guidelines for the Population (2014)</p>
Malta^a	Agency against Drug and Alcohol Abuse	8 g	Men: Women:	<p>≤ 168 g/week ≤ 112 g/week</p> <p>Men: 18-21 years old: up to 16 g per occasion maximum twice a week over 21 years old: up to 168 g/week spread over at least five days; not more than 32 g on any one occasion Women: 18-21 years old: up to 16 g per occasion maximum twice a week over 21 years old: up to 112 g/week spread over at least five days; not more than 32 g on any one occasion Abstaining from alcohol for some days is always beneficial.</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>There are situations where a person should not drink alcohol since even the smallest amount can be harmful: Pregnant women, women who believe they may be pregnant or women who may be trying to become pregnant; Before driving or operating machinery.</p> <p>Sources: It's not the drinking.. It's how we're drinking</p>
<p>Mexico^a</p>	<p>Ministry of Health National Council Against Addictions (Consejo Nacional contra las Adicciones) (Conadic)</p>	<p>13 g</p>	<p>Men: ≤ 26 g/day Women: ≤ 13 g/week</p>	<p>Men: 13–26 g/day; The document "Dietary and physical activity guidelines in the context of overweight and obesity in the Mexican population" [3] establishes that the consumption of up to two standard drinks per day for men, not cumulative on other days of the week, are associated with a lower cardiovascular risk, although it recognizes that such consumption may increase the risk of breast cancer, violence, accidents and shocks, so it recommends not to start drinking more frequently.</p> <p>Women: 13 g/day; The document "Dietary guidelines and physical activity in the context of overweight and obesity in the Mexican population" states that the consumption of up to one standard drink per day for women, not cumulative on other days of the week, is associated with a lower risk cardiovascular, although it recognizes that such consumption may increase the risk of breast cancer, violence, accidents and shocks, so it is recommended not to start drinking more frequently</p> <p>The General Health Law considers the excessive consumption of alcohol by pregnant women as Harmful Use of Alcohol (Article 185 Bis, fraction II).</p> <p>The "Program for the Prevention, Reduction and Treatment of the Harmful Use of Alcohol, the Care of Alcoholism and the Prevention of Diseases Derived from It 2015-2018" [2] defines excessive consumption as the consumption of more than five standard beverages per occasion for men, or more than four standard drinks per occasion for women</p> <p>The "Short intervention program for adolescents who initiate the consumption of alcohol and other drugs: Therapist's Manual" [4] recommends that for adolescents who have had problems with the consumption of alcoholic beverages, if it is not possible to achieve abstinence, limits should be established of consumption of three or less drinks per day, and not consume more than two days per week, consuming one glass per hour.</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>In the case of adult problem drinkers, the "Manual for early detection and brief intervention for problem drinkers" [5] establishes that when the objective is to reduce habitual consumption, it is recommended to take as many as four standard drinks per occasion, passing one hour enters each drink (page 123).</p> <p>Finally, the "Preventive guide for adolescents: The net of alcohol and something else" [6] defines as alcohol abuse:</p> <ul style="list-style-type: none"> • In women, the consumption of more than four drinks per occasion, more than three times a week, and accumulating more than nine drinks per week. • In men, the consumption of more than five drinks per occasion, more than three times a week, and accumulating more than twelve drinks per week. • In adolescents, any consumption of alcohol becomes abuse. <p>The NOM-142-SSA1 / SCFI-2014 [1] in number 9.3.7.2.1 establishes that the labeling of alcoholic beverages must have the precautionary legend "Abuse in the consumption of this product is harmful to health".</p> <p>On the other hand, the label must include the symbols, which refer to the prohibition of the consumption to minors of 18 years, to pregnant women and drink driving.</p> <p>It is established that in the labeling of alcoholic beverages the legend may be included: "For more information go to the page: www. conadic.salud.gob.mx, where there is information about the harmful use of alcohol ".</p> <p>Sources</p> <ol style="list-style-type: none"> 1. Norma Oficial Mexicana NOM-142-SSA1/SCFI-2014 « Bebidas alcohólicas. Especificaciones sanitarias. Etiquetado sanitario y comercial ». Disponible en: http://www.dof.gob.mx/nota_detalle.php?codigo=5386313&fecha=23/03/2015. 2. Secretaría de Salud. Programa para la Prevención, Reducción y Tratamiento del Uso Nocivo del Alcohol, la Atención del Alcoholismo y la Prevención de Enfermedades Derivadas del Mismo 2015-2018. Ciudad de México: Secretaría de Salud; 2016. Disponible en: http://www.conadic.salud.gob.mx/pdfs/programas/PROG_ALCOHOL.pdf

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					<p>3. Bonvecchio Arenas A, Fernandez-Gaxiola AC, Plazas Belausteguigoita M, Kaufer-Horwitz M, Pérez Lizaur AB y Rivera Dommarco JA. Guías alimentarias y de actividad física en contexto de sobrepeso y obesidad en la población mexicana. Ciudad de México, Academia Nacional de Medicina; 2015. Disponible en: https://www.anmm.org.mx/publicaciones/CANivANM150/L29_ANM_Guias_alimentarias.pdf</p> <p>4. Martínez-Martínez KI, Salazar-Garza ML, Ruíz-Torres GM, Barrientos-Casarrubias VB & Ayala-Velázquez HE. Programa de Intervención Breve para Adolescentes que Inician el Consumo de Alcohol y Otras Drogas: Manual del Terapeuta. México, UNAM; 2004. Disponible en: http://conadic.salud.gob.mx/pdfs/publicaciones/intervencion_breve.pdf</p> <p>5. Echeverría L, Ruíz GM, Salazar ML & Tiburcio M. Modelo de detección temprana e Intervención Breve para Bebedores Problema. México, UNAM; 2004. Disponible en: http://www.conadic.salud.gob.mx/pdfs/publicaciones/beb_III.pdf</p> <p>6. Comisión Nacional contra las Adicciones. “Guía preventiva para adolescentes: La neta del alcohol y algo más”. México, CONADIC; 2016. Disponible en: http://www.conadic.salud.gob.mx/Guia_Preventivas/La_neta_del_alcohol.pdf</p> <p>7. Ley General de Salud. (Diario Oficial de la Federación del 7 de febrero de 1984). Disponible en: http://www.diputados.gob.mx/LeyesBiblio/pdf/142_081217.pdf</p> <p>8. Código Penal Federal. (Diario Oficial de la Federación del 14 de agosto de 1931). Disponible en: http://www.diputados.gob.mx/LeyesBiblio/pdf/9_090318.pdf</p>
Moldavia*	Ministry of Health, Labor and Social Protection	10 g	Men: Women:	2 drinks/day 1 drink/day	<ul style="list-style-type: none"> • For a consumption at risk Men: more than 2 standard glass / day Women: more than 1 standard glass / day • Excessive consumption? Men: more than 21 standard glass per week or 3 standard glass per day Women: more than 14 standard glass per week or 2 standard glass per day <p>Sources: Law nr. 1100 of 30.06.2000 - relating to the production and circulation of ethyl alcohol and alcoholic products</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					http://lex.justice.md/index.php?action=view&view=doc&lang=1&id=311533 Standard Protocol for Family Medicine - Alcoholism http://crdm.md/images/ups/protocol/Alcoolismul.pdf
Montenegro*	Ministry of Health, Institute of Public Health	Not defined	Men: Women:	Not defined	Form of harmful consumption (consuming at least 60 g of alcohol in one occasion at least once a month in the previous 12 months) Sources: http://www.mzdravlja.gov.me/biblioteka/strategije?pagerIndex=2&alphabet=lat National Strategy for prevention of harmful alcohol use and related alcohol disorders in Montenegro 2013-2020. Action plan 2017/2018 for implementation of National Strategy Prevention, .of harmful use and related alcohol disorderas in Montenegro 2013-2020 Law on Public order and peace. Offical gazette of Montenegro No..64/2011. Available at : http://www.paragraf.me/propisi-crnegore/zakon-o-javnom-redu-i-miru.html Law on tourism. Offical gazette of Montenegro No. 2/2018. Available at : http://www.paragraf.me/propisi-crnegore/zakon-o-turizmu-i-ugostiteljstvu.html
Netherlands^a	Nutrition Center	10 g	Men: Women:	≤ 10 g/day ≤ 10 g/week	Do not drink alcohol or at least not more than one drink per day. Sources: Nutrition Center, Guidelines for Healthy Eating
New Zealand*	New Zealand's Health Promotion Agency (HPA). Ministry of Health's Ministry of Health's Eating and Activity	10 g	Men: Women:	3 drinks/day 2 drink/day	For men: Reduce long-term risk by drinking no more than: <ul style="list-style-type: none"> o three standard drinks a day (30 g/day) o 15 standard drinks a week (150 g/week) o and at least two alcohol-free days every week. Reduce risk of injury on a single occasion of drinking by drinking no more than: <ul style="list-style-type: none"> o five standard drinks on any single occasion. For women: Reduce long-term risk by drinking no more than: <ul style="list-style-type: none"> o two standard drinks a day (20 g/day) o 10 standard drinks a week (100 g/week) o and at least two alcohol-free days every week. Reduce risk of injury on a single occasion of drinking by drinking no more than: <ul style="list-style-type: none"> o four standard drinks on any single occasion.

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>For other categories Young adult: For young adults 18 years and over : The same advice reported above for adults. For children and young people under 18 years: The advice is: Not drinking alcohol is the safest option. Those under 15 years of age are at the greatest risk of harm from drinking alcohol and not drinking in this age group is especially important. For young people aged 15 to 17 years, the safest option is to delay drinking for as long as possible. For older people – The same advice reported above for adults. Pregnant women: Stop drinking alcohol if you could be pregnant, are pregnant or trying to get pregnant. There is no safe level of alcohol use at any stage of pregnancy. Others: Advice on ‘when not to drink alcohol’ (see below). New Zealand’s low-risk drinking advice includes advice to reduce long-term health risks and advice to reduce risk of injury on a single occasion. (See adult guidelines above) Recommendations/advice are provided on ‘when not to drink alcohol’. Do not to drink if you:</p> <ul style="list-style-type: none"> ▪ could be pregnant, are pregnant or trying to get pregnant ▪ are on medication that interacts with alcohol ▪ have a condition made worse by drinking alcohol ▪ feel unwell, depressed, tired or cold, as alcohol could make things worse ▪ are about to operate machinery or a vehicle or do anything that is risky or requires skill. <p>New Zealand and Australia currently have a voluntary initiative with the alcohol industry that alcohol producers display pregnancy warning labelling on alcoholic beverages packaging</p> <p>New Zealand’s Health Promotion Agency (HPA) is responsible for establishing New Zealand’s drinking guidelines (https://www.alcohol.org.nz/help-advice/advice-on-alcohol/low-risk-alcohol-drinking-advice). HPA is a Crown entity with statutory functions to provide advice on the sale, supply, consumption, misuse and harm of alcohol. (https://www.hpa.org.nz/who-we-are). In 2012, HPA replaced the Alcohol Advisory Council of New Zealand (ALAC) and took over ALAC’s functions which included providing New Zealand’s drinking advice guidelines.</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					<p>HPA's advice is also included in the New Zealand Ministry of Health's <i>Ministry of Health's Eating and Activity Guidelines for New Zealand Adults</i> (https://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults).</p> <p>Sources: <i>Australia New Zealand Food Standards Code</i> – Standard 2.7.1 – Labelling of alcoholic beverages and food containing – https://www.legislation.gov.au/Details/F2016C00176) The New Zealand Health Promotion Agency's low-risk alcohol drinking advice – https://www.alcohol.org.nz/help-advice/advice-on-alcohol/low-risk-alcohol-drinking-advice. Pregnancy warnings on alcohol labels http://foodregulation.gov.au/internet/fr/publishing.nsf/Content/activities-pregnancy-warnings-on-alcohol-labels <i>Sale and Supply of Alcohol Act 2012</i> – http://www.legislation.govt.nz/act/public/2012/0120/latest/whole.html?search=sw_096be8ed815d8b6e_purchase+age_25_se&p=1#DLM3339341 Guidelines for New Zealand Adults (https://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults). (https://www.alcohol.org.nz/help-advice/advice-on-alcohol/low-risk-alcohol-drinking-advice) (https://www.hpa.org.nz/who-we-are</p>
<p>Norway*</p>	<p>Directorate of Health, <i>Norwegian Guidelines on Diet, Nutrition and Physical Activity</i> (2014)</p> <p>Alkokutt http://www.alkokutt.no</p>	<p>12.15 g</p>	<p>Men: 20 g/day Women: 10 g/day</p>		<p>Sources: Directorate of Health, <i>Norwegian Guidelines on Diet, Nutrition and Physical Activity</i> (2014) Alkokutt http://www.alkokutt.no</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
Peru^a	Ministry of Health	10 g	Men: Women:	≤ 20 g/day ≤ 10 g/day	<p>Standard drink: 355 mL 4-6% ABV beer, 118 mL 12% ABV wine, 30 mL 40-50% ABV spirit, 30 mL 16-26% ABV mixed drink</p> <p>Men: At social gatherings, do not consume more than: two beers, two glasses of wine, or two shots of spirit per day</p> <p>Women: At social gatherings, do not consume more than: one beer, one glass of wine, or one shot of spirit per day</p> <p>Avoid consuming alcoholic beverages. Be informed about the effects of excessive alcohol consumption. Avoid making alcohol an essential part of family and social gatherings. If you consume alcohol, do so in moderation, with friends and people you trust. Do not drink alcoholic beverages straight, dilute them with ice, water, soft drinks, or alternate with non-alcoholic beverages. Wine can be beneficial for health, but it is harmful when consumed quickly and in large quantities. Do not drink on an empty stomach, eat something while drinking alcohol. If you are taking medications, do not drink alcohol. Alcohol can intensify the effect of many medicines and can interact with others, making them ineffective or dangerous.</p> <p>Sources: Encyclopedia for Healthy Peru: Alcoholism (2010)</p>
Portugal*	Ministry of health Health Directorate General or SICAD	Not defined	Men: Women:	Not defined	
Romania*	National Institute for Public Health	Not defined	Men: Women:	Not defined	<p>A guideline (http://cnsmf.ro/ghidpreventie/GhidPreventie_Vol3.pdf) elaborated by National Institute for Public Health (http://www.insp.gov.ro/) as a part of a project proposes for Romania.</p> <p>Standard unit of alcohol should be 10 g of pure alcohol. Other Romanian medical studies specify as the standard unit 12 g of alcohol</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>Men: ≤ 20 g alcohol/day, maximum 140 g /week; (Man ≤ 2 units/day, maximum 14 units/week Women : ≤ 10 g alcohol/day, maximum 70 g /week; (Women ≤ 1 units/day, maximum 7 units/week Older people: ≤ 10 g alcohol/day for persons above 65 Pregnant women: 0 g</p> <p>A consumption at risk - for woman 20-40 g alcohol is risky consumption - for man 40-60 g alcohol is risky consumption An excessive consumption - for woman > 40 g alcohol is dangerous consumption - for man > 60 g alcohol is dangerous consumption</p> <p>Sources: http://www.insp.gov.ro A guideline as a part of a project proposes for Romania http://cnsmf.ro/ghidpreventie/GhidPreventie_Vol3.pdf</p>
Serbia^a	Institute for Mental Health	13 g	Men: ≤ 26 g/day Women: ≤ 13 g/day	<p>1 drink is 330 mL 5% beer, 140 mL 12% wine, or 40 mL 40% spirit Men: up to 2 drinks per occasion and 14 drinks/week Women: up to 1 drink per occasion and 7 drinks/week Abstain for at least 2 days per week. Minors and pregnant women should avoid alcohol altogether.</p> <p>Sources: Responsible Drinking Guidelines (2014)</p>
Slovakia*	Ministry of health	Not defined	Men: Women:	Not defined
Slovenia^a	Institute of Public Health	10 g	Men: ≤ 20 g/day Women: ≤ 10 g/day	<p>Men: up to 20 g/day or 140 g/week or 50 g/drinking occasion; men aged 65 and above: up to 10 g/day or 70 g/week or 30 g/drinking occasion Women: up to 10 g/day or 70 g/week or 30 g/drinking occasion</p>

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					At least one day per week should be completely alcohol-free. Minors should not drink alcohol at all. Sources: Risky drinking
South Africa ^a	Department of Public Health,	Not defined	Men: Women:	≤ 2 drinks/day ≤ 2 drinks/day	In moderation, drinking alcohol can be a sociable and fun activity. It can even have the health benefit of helping against heart disease in some cases. Drinking up to two beers or two glasses of wine per day poses little risk to your health. One you drink more than this, alcohol starts affecting your health. And the more you drink, the worse the effect. Sources: Choose a healthy lifestyle (2015)
Spain*	Ministry of Health, Social Services and Equality. <i>Ministerio de Sanidad, Servicios Sociales e Igualdad</i>	10 g	Men: Women:	4 drinks/day 2 drinks/day	Men: Maximum Daily Consumption Limit = 4 drinks Maximum limit of occasional consumption = intensive consumption (only specific days) = 6 drinks Women : Maximum Daily Consumption Limit = 2 drinks Maximum limit of occasional consumption = intensive consumption (only specific days) = 4 drinks Pregnant women: Any consumption is considered risky Sources: http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/docs/Folleto_Alcohol.pdf http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/docs/prevenccionProblemasAlcohol.pdf http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/Consejo_integral_EstilosVida.htm http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/estrategiaPromocionPrevenccion.htm http://www.estilosdevidasaludable.msssi.gob.es/
Sweden*	Not defined	Not defined	Men: Women:	Not defined	Standard drinks are not officially used in guidelines/recommendations/advice on group or on population level

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>However, the standard drink concept is used in research, in monitoring, and as a tool for healthcare professionals in the work with individual patients to prevent and treat NCDs. The Public Health Agency is commissioned by the Swedish government to coordinate national monitoring on alcohol, illicit drugs, doping and tobacco and uses a definition of standard drinks measuring risk consumption of alcohol.</p> <p>The National Board of Health and Welfare (Socialstyrelsen) issues national guidelines for NCD prevention for use in individual counselling in healthcare (see below). The guidelines are about which intervention methods to use, not on how much alcohol to drink.</p> <p>The National Food Agency (Livsmedelsverket) also uses recommendations on alcohol drinking, from a nutritional perspective (including nutritional toxicology). There are joint recommendations for all the Nordic countries, on population/group level, called NNR (see below).</p> <p>Today, there is no national institution in Sweden that has recognised the responsibility to establish drinking guidelines/recommendations directed towards the population as a whole.</p> <p>Sources: Alcohol Act: https://www.riksdagen.se/sv/dokument-lagar/dokument/svensk-forfattningssamling/alkohollag-20101622_sfs-2010-1622 National guidelines on treatment of alcohol use disorder and dependence: http://www.socialstyrelsen.se/publikationer2017/2017-12-23/ National guidelines on prevention and treatment of unhealthy lifestyles (NCD prevention) in health care: http://www.socialstyrelsen.se/publikationer2017/2017-11-3 http://www.socialstyrelsen.se/nationellariktlinjerpreventionochbehandlingvidohalsosammalevnadsvanor/stodiarbetetmedlevnadsvanor/samtal-om-alkohol Recommendations from the National Food Agency: https://www.livsmedelsverket.se/en/food-habits-health-and-environment/dietary-guidelines/naringsrekommendationer?_t_id=1B2M2Y8AsgTpgAmY7PhCf%3d%3d&_t_q=nr&_t_tags=language%3aen%2csiteid%3a67f9c486-281d-4765-ba72-</p>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				<p>ba3914739e3b&_t_ip=194.103.120.2&_t_hit.id=Livs_Common_Model_PageTypes_ArticlePage/_e44d6d6c-60f0-4934-af54-442bb65c279d_en&_t_hit.pos=1</p> <p>Nordic Nutrition Recommendations (NNR): https://www.livsmedelsverket.se/globalassets/matvanor-halsa-miljo/naringsrekommendationer/nordiska-naringsrekommendationer-2012-svenska.pdf</p>
<p>Switzerland*</p>	<p>Federal Office of Public Health (FOPH) in collaboration with Addiction Switzerland (Fachverband Sucht)</p>	<p>10-12 g</p>	<p>Men: < 2 drinks/day Women: < 1 drink/day</p>	<p>For health reasons, it is recommended that healthy adult men do not exceed 2 standard drinks of alcohol per day and healthy adult women do not exceed 2 standard drinks of alcohol per day</p> <p>Recommendations for low-risk alcohol consumption</p> <ul style="list-style-type: none"> - Men: 2-3 standard glasses* a day, at least 2 no-alcohol days a week - Women: 1-2 standard glasses* a day, at least 2 no-alcohol days a week - Under sixteens, pregnant women and breast-feeding mothers: no alcohol <p>no alcohol consumption two days a week</p> <p>It is considered a chronic problem drinking when a man drinks on average over 40 grams of pure alcohol a day. This amount corresponds to about four glasses of wine</p> <p>We talk about chronic problematic use when a woman drinks on average more than 20 grams of pure alcohol per day. This amount corresponds to about two glasses of wine</p> <p>Sources:</p> <ul style="list-style-type: none"> • Loi fédérale sur les denrées alimentaires et les objets usuels: https://www.admin.ch/opc/fr/classified-compilation/20101912/201705010000/817.0.pdf • Ordonnance sur les denrées alimentaires et les objets usuels: https://www.admin.ch/opc/fr/classified-compilation/20143388/index.html • Loi fédérale sur l'alcool: https://www.admin.ch/opc/fr/classified-compilation/19320035/index.html • OFSP: Alcool et prévention: https://www.bag.admin.ch/bag/fr/home/themen/mensch-gesundheit/sucht/alkohol.html • OFSP: Campagne de prévention, Alcool - Combien?

* Sources: OIV Official Correspondent

Country	National Institutions	Standard drink	limits		Guidelines/recommendations
					https://www.bag.admin.ch/bag/fr/home/service/kampagnen/alkoholpraeventionskampagne.html <ul style="list-style-type: none"> • OFSP: Combien? est la question matière d'alcool: http://www.spectra-online.ch/fr/spectra/themen/die-entscheidende-frage-beim-alkohol-wie-viel-ist-zu-viel-407-10.html • OFSP: Prévention alcool: http://www.alcohol-facts.ch/fr (Swiss Federal Commission for Alcohol Problems and Swiss Institute for the Prevention of Alcohol & Drugs Problems)
Turkey^a	Ministry of Health ... General Directorate of Public Health Ministry of Food, Agriculture and Livestock, General Directorate of Food and Control	Not defined	Men: Women:	Not defined	Sources: http://mevzuat.basbakanlik.gov.tr/Metin1.aspx?MevzuatKod=1.3.4250&MevzuatIliski=0&sourceXmlSearch=ispirto&Tur=1&Tertip=3&No=4250 http://mevzuat.basbakanlik.gov.tr/Metin.aspx?MevzuatKod=9.5.14897&MevzuatIliski=0&sourceXmlSearch=alkol2 . http://mevzuat.basbakanlik.gov.tr/Metin.aspx?MevzuatKod=9.5.18711&MevzuatIliski=0&sourceXmlSearch=alkol http://mevzuat.basbakanlik.gov.tr/Metin.aspx?MevzuatKod=7.5.23282&MevzuatIliski=0&sourceXmlSearch=etiket http://mevzuat.basbakanlik.gov.tr/Metin.aspx?MevzuatKod=7.5.6203&MevzuatIliski=0&sourceXmlSearch=alkol
Uruguay^a	Ministry of Health	10 g	Men: Women:	< 40 g/day < 30 g/day	Men: up to 40 g/day or 140 g/week Women: up to 30 g/day or 70 g/week It is recommended that if you drink alcohol, it is important to do so in a responsible manner. Drinking is never completely safe, but if you decide to do it, try to reduce risks as much as possible. To do so you can calculate your units and keep in mind the limits. Do not exceed these limits. If you are used to drinking, avoid alcohol for at least two days each week. Children and pregnant women should not drink alcohol.

^a Sources <http://www.iard.org/policy-tables/drinking-guidelines-general-population/>

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				Sources: Food Guide for the Uruguayan Population (2016)

Table 5 National alcohol consumption guidelines of non OIV Member states.

Countries that developed the guidelines are listed and the table includes recommendations for men and women, size of the standard drink (in grams of ethanol), and other recommendations or notes

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
Albania^a	Department of Public Health	10 g	Men: ≤ 2 drinks/day Women: ≤ 2 drinks/day	If you drink alcoholic beverages, do not have more than two (a maximum of 10 g of alcohol) a day Source: Recommendations on Healthy Nutrition in Albania (2008)
Canada^a	Canadian Centre on Substance Abuse	13.6 g	Men: 15 drinks/week Women: 10 drinks/week	10 drinks a week for women, with no more than 2 drinks a day most days 15 drinks a week for men, with no more than 3 drinks a day most days Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) and 4 drinks (for men) on any single occasion. If you are pregnant, planning to become pregnant, or before breastfeeding, the safest choice is to drink no alcohol at all. Source: Canada's low risk alcohol drinking guidelines (2011)
Denmark^a	Danish Health Authority (Sundhedsstyrelsen)	12 g	Men: 14 units/week Women: 7 units/week	You have a low risk of getting ill due to alcohol at a consumption of 7 units per week for women and 14 for men You have a high risk of getting ill due to alcohol at a consumption of more than 14 units per week for women and more than 21 for men You should stop before 5 units on the same occasion If you are pregnant, you should not drink alcohol. If you are planning a pregnancy, you should avoid alcohol to be on the safe side Source: https://sundhedsstyrelsen.dk/da/sundhed/alkohol;

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
Estonia^a	Health Development Institute,	10 g	Men: ≤ 4 drinks/day Women: ≤ 2 drinks/day	Alcohol should not be taken at all if: are pregnant , are breast-feeding or are planning to become pregnant ; have a certain illness or use certain medications (consult your doctor first); You have tried to drink in a controlled way , but it has not succeeded; You have developed alcohol addiction ; drivers of the vehicle; you go swimming. Source: Alkoinfo.ee webpage (2018)
Fiji^a	National Food and Nutrition Center, Ministry of Health and Medical Services	10 g	Men: 30 g/day or 150 g/week or 50 g on any single occasion Women: 20 g/day or 100 g/week or 40 g on any single occasion	At least two days without alcohol per week are recommended. You should not drink any alcohol when: pregnant or planning to become pregnant; on medication that interacts with alcohol; when you have a condition made worse by alcohol; you feel unwell, depressed, tired or cold; you are about to operate machinery or a vehicle or do anything that is risky or requires skill Food and Sources: Alcohol: Healthy you (2015) Food and Health Guidelines for Fiji (2013)
Finland^a	National Nutrition Council, National Institute for Health and Welfare,	12 g	Men: 14-21 units/week Women: 7-14 units/week	The high risk level is 23 to 24 units for men and 12 to 16 units for women a week. This can be considered as an alarm limit, which should be stopped at the latest by alcohol. Basis: the number of such doses increases morbidity and significantly increases mortality risk 2 . The level of moderate risk is 14 units in men and 7 units in women per week. Basis: these dose levels increase GT values 15 . Alcohol use, which is unlikely to be a risk to a healthy working-age person, is 0-1 dose in women and 0-2 doses per day in men. Excessive single drink (in women 5-6 and in men 6 to 7 doses at a time) Alcohol use during pregnancy should be avoided. Source: The Finnish Medical Society Duodecim

Country	National Institutions	Standard limits drink	limits	Guidelines/recommendations
Grenada^a	Grenada Food and Nutrition Institute	14	Men: 14 g/day Women: 14 g/day	Drink little or no alcohol. If you drink alcohol do so sparingly Source: Food Based Dietary Guidelines for Grenada
Ireland^a	Health Service Executive	10	Men: ≤ 170 g/week Women: ≤ 110 g/week	Low risk: Men: 17 standard drinks or fewer per week with two alcohol-free days - Women: 11 standard drinks or fewer per week with two alcohol-free days Increased risk Men: 18 to 40 standard drinks per week - Women: 12 to 28 standard drinks per week High risk Men: 41 or more standard drinks per week - Women: 29 or more standard drinks per week Sources: Ask About Alcohol webpage Health Promotion Unit webpage
Japan^a	Ministry of Health, Labor & Welfare	20 g	Men: <40 g/day Women: <20 g/day	recommended limits (male > 40 g, female > 20 g per day) Source: Healthy Japan 21 (2013-2023)
Kazakhstan^a	Ministry of Health and National Centre for Problems of Healthy	12 g	Men: 70-80 g/week Women: 70-80 g/week	<i>If you drink at least six doses per week, reflect on the situation and reduce your intake or cease consumption.</i> <i>Lifestyle Development, Alcohol: Assess the situation and make a choice! (2016)</i>
Mauritius^a	Ministry of Health	8 g	Men: 2 drinks/day Women: 1 drink/day	If you drink alcohol, do so in moderation and try not to drink every day of the week. Dietary guidelines for the prevention of NCDs
Namibia^a	Ministry of Health and Social Services,	10 g	Men: <20 g/day Women: <10 g/day	Alcohol to be avoided in case of diabetes mellitus, hypertension, peptic ulcers, and food allergies. During Pregnancy: Abstinence recommended Source: Nutrition Guidelines for Prevention and Management of Noncommunicable Diseases 2013
Philippines^a	Food and Nutrition Research Institute,	12 g	Men: 24 g/day Women: 12 g/day	Authorities have defined moderation as not more than two drinks a day for the average-sized man, and not more than one drink a day for the average-sized woman. But, still the exact amount of moderate alcohol intake per day cannot be defined

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
				because people have different tolerances to alcohol. Thus, the amount a person can drink safely is highly individualized, depending on genetics, health conditions, sex, weight, age, and family history. In addition, the liver can process about half ounce ethanol per hour (the amount in a typical drink), depending on the person's body size, previous drinking experience, food intake, and general health. Heavy drinking of alcohol: at least 48 to 60 g in a row Women who drink alcohol during their pregnancy may give birth to children with fetal alcohol syndrome. Myths and truths about alcohol (2008)
Poland^a	State Agency for Prevention of Alcohol Related Problems	10 g	Men: <40 g/day Women: <20 g/day	Men: Daily drinking: At least two days of abstinence per week, No more than 4 units of alcohol (i.e. 40g of pure alcohol) a day Occasional drinking: No more than 6 units of alcohol (60 g of pure alcohol) at one go Over one week: No more than 280 mL of pure alcohol Women: Daily drinking: At least two days of abstinence per week, No more than 2 units of alcohol (i.e. 20 g of pure alcohol) a day Occasional drinking: No more than 4 units of alcohol (40g of pure alcohol) at one go Over one week: No more than 140 g of pure alcohol Sources: State Agency for Solving Alcohol Related Problems The State Agency for the Prevention of Alcohol-Related Problems (PARPA)
Singapore^a	Ministry of Health, Health Promotion Board,	10 g	Men: < 20 g/day Women: < 10 g/day	If you drink alcoholic beverages, do so in moderation. Men should drink no more than two standard drinks a day, and women, no more than one. One standard drink contains 10 g of pure alcohol. Those who consume more than the recommended amounts should gradually cut down on their intake. Sources: Dietary Guidelines for Adult Singaporeans (18 to 69 years) 2003 Alcohol and Health—Set Your Drinking Limits
Suriname^a	Psychiatric Health Center	-	Men: < 2 glasses/day Women: < 1 glass/day	Drink moderately - For men a maximum of 2 drinks per day and for women 1 per day. Do not drink more than 5 glasses when going out Source: E-health.sr - Alcohol Informatie

Country	National Institutions	Standard drink	limits	Guidelines/recommendations
United Kingdom^a	Department of Health, UK Chief Medical	8 g	Men: ≤ 14 Women: Units/week ≤ 14 Units/week	it is safest not to drink more than 14 units a week on a regular basis. If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days. If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum. <i>Source: Officers' Low Risk Drinking Guidelines 2016</i>
USA^a	Department of Agriculture and Department of Health & Human Services	14 g	Men: ≤ 2 drink/day Women: ≤ 1 drink/day	If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. High-risk drinking is the consumption of 4 or more drinks on any day or 8 or more drinks per week for women and 5 or more drinks on any day or 15 or more drinks per week for men <i>Source: US dietary guidelines 2015</i>
Vietnam^b	National Institute of Nutrition	10 g	Men: ≤ 20 g/day Women: ≤ 10 g/day	Conseil n ° 10: Strengthen your physical activity, maintain a healthy weight, do not smoke, limit your alcohol consumption, your soft drinks and eating sweets. <i>Source: 10 tips on proper nutrition for period 2013–2020' (2013)</i>

^a Sources <http://www.iard.org/policy-tables/drinking-guidelines-general-population/>

Table 6. Summary of international recommended maximum daily levels of alcohol intake of alcohol [*extrapolated from weekly to daily]

Country	Men (g/day)	Women (g/day)
Albania	20	20
Argentina	28	14
Armenia	20	10
Australia	20	20
Austria*	24	16
Belgium*	30	20
Brazil	Not defined	Not defined
Bosnia and Herzegovina	20	10
Bulgaria	16	8
Canada*	30	20
Chile	56	42
Croatia	20	10
Cyprus	20	10
Czech Republic	24	16
Denmark*	24	12
Estonia	40	20
Fiji	30	20
Finland*	24	12
France	20	10
Georgia	20	10
Germany	24	12
Greece	32	24
Grenada	14	14
Hungary	20	10
India	16	8

Country	Men (g/day)	Women (g/day)
Ireland*	24	16
Italy	24	12
Japan	40	20
Kazakhstan*	10-12	10-12
Luxembourg	20	10
FYROM	28.8	14.4
Malta	24	16
Mauritius	16	8
Mexico	26	13
Moldavia	20	10
Namibia	20	10
Netherlands	10	10
New Zealand	30	20
Norway	20	10
Peru	20	10
Philippines	24	12
Poland	40	20
Portugal	Not defined	Not defined
Romania	Not defined	Not defined
Serbia	26	13
Singapore	20 g	10 g
Slovakia	Not defined	Not defined
Slovenia	20	10
South Africa*	20	20
Spain	40	20
Sweden*	Not defined	Not defined
Switzerland	30	20
Turkey	28	14
Uruguay	40	30

Country	Men (g/day)	Women (g/day)
United Kingdom*	16	16
USA	28	14
Vietnam	20	10

Table 7. Summary of international standard drink units and associated moderate alcohol consumption guidelines (from Table 1) and changes in per capita consumption between 2005 and 2010

Country	Standard Drink (g)	Men (g/day)	Women (g/day)	Per capita alcohol consumption (L) (2009-2010) >15 years	Change in per capita alcohol consumption since 2003-2005	% Total population heavy episodic drinking* (2010)	% Men heavy episodic drinking (2010)	% Women heavy episodic drinking (2010)	Ratio men: women heavy episodic drinking	Patterns of drinking score 1 - 5 (2010)	% Abstainers aged 15+ years in past 12 months both sexes (2010)
Albania	10	20	20	7.0	o	6.4	11.3	1.6	7 : 1	3	46.2
Argentina	13-15	28	14	9.3	o	12.0	24.0	0.8	30 : 1	2	41.2
Armenia	10	20	10	5.3	o	20.1	37.9	2.3		2	36.0
Australia	10	20	20	12.2	+	10.9	16.8	5.1	3.3 : 1	2	16.0
Austria	20	24	16	10.3	-	40.5	53.0	28.9	1.8 : 1	1	22.6
Belgium	Not defined	30	20	11		34.3	47.7	21.7	2.2 : 1	1	17.7
Bosnia and Herzegovina	10	20	10	7.1	o	6.2	11.7	1.0	11.7 : 1	3	42.8
Brazil	10-12	Not defined	Not defined	8.7	-	12.7	20.7	5.2	4.0 : 1	3	42.3
Bulgaria	8	16	8	11.4	-	19.6	27.0	12.7	2.1 : 1	2	32.6
Canada	13.6	30	20	10.2	o	17.5	25.0	10.9	2.3 : 1	2	22.9
Chile	14	56	42	9.6	o	4.9	9.8	0.1	98 : 1	2	34.1
Croatia	10	20	10	12.2	-	10.8	20.5	2.0	10.3 : 1	3	19.5
Cyprus	Not defined	20	10	9.2	o	26.0	42.0	9.4	4.5 : 1	1	15.0
Czech Republic	10	24	16	13.0	o	38.9	53.5	24.9	2.2 : 1	3	10.9
Denmark	12	24	12	11.4	-	28.5	37.8	19.5	1.9 : 1	2	11.4
Estonia	10	40	20	10.3	-	23.3	40.1	9.3	4.3 : 1	3	34.8

Fiji	10	30	20	3.0	+	10.9	17.5	4.1	4.3 : 1	3	58.6
Finland	12	24	12	12.3	o	36.5	51.8	22.0	2.4 : 1	3	32.0
France	10	20	10	12.2	o	29.4	42.2	17.7	2.4 : 1	1	5.2
Georgia	10	20	10	7.7	+	9.0	18.9	0.6	31.5 : 1	2	63.9
Germany	10-12	24	12	11.8	o	12.5	19.4	5.9	3.2 : 1	1	19.7
Greece	8	32	24	10.3	o	34.9	47.6	22.8	2.1 : 1	2	33.8
Grenada	14	14	14	11.0	-	4.5	8.0	1.0	8 : 1	4	51.6
Hungary	10	24	16	13.3	--	26.3	44.5	10.3	4.3 : 1	3	18.6
India	14					1.7	3.2	<0.1	32 : 1	3	84.9
Ireland	12	24	12	11.9	--	39.0	53.0	25.5	2.1 : 1	3	19.1
Israel	10-12	24	12	2.8	o	7.7	12.4	3.2	3.9 : 1	2	48.1
Italy	8	32	24	6.7	--	4.2	8.0	0.7	11.4 : 1	1	32.4
Japan	20	40	20	7.2	--	17.5	28.1	7.5	3.8 : 1	2	31.1
Kazakhstan	12	10-12	10-12	10.3	o	7.8	15.0	1.4	10.7 : 1	4	60.6
Luxembourg	10	20	10			24.0	36.9	11.4	3.2 : 1	1	6.1
FYROM	14.2	28.8	14.4			6.5	12.0	1.0	12 : 1	3	42.9
Malta	8	24	16	7.0	++	26.8	38.0	15.7	2.4 : 1	1	39.4
Mauritius	8	16	8			13.0	21.2	5.1	4.2 : 1	3	68.0
Mexico	13	26	13	7.2	-	12.1	19.7	5.3	3.7 : 1	3	43.1
Moldova	10	20	10	16.8	+	32.2	49.4	17.1	2.9 : 1	4	33.7
Namibia	10	20	10	10.8	+	14.5	22.8	7.0	3.3 : 1	4	61.0
Netherlands	10	10	10	9.9	-	5.9	10.5	1.3	8.1 : 1	1	11.8
New Zealand	10	30	20	10.9	+	4.5	7.4	1.7	4.4 : 1	2	20.5
Norway	12.15	20	10	7.7	o	11.9	17.4	6.5	2.7 : 1	3	14.1
Peru	10	20	10	8.1	o	13.5	23.6	3.6	6.6 : 1	3	44.6
Philippines	12	24	12			1.9	3.5	0.3	11.7 : 1	3	55.7
Poland	10	40	20	12.5	o	5.3	10.1	0.9	11.2 : 1	3	48.3
Portugal	Not defined	Not defined	Not defined	12.9	--	20.4	30.1	11.5	2.6 : 1	1	43.0
Romania	10	Not defined	Not defined	14.4	+	7.5	13.8	1.7	8.1 : 1	3	32.4
Serbia	13	26	13			7.3	13.4	1.6	8.4 : 1	3	34.0

Singapore	10	20	10	2.0	+	4.4	8.6	0.7	12.2 : 1	2	50.1
Slovakia	Not defined	Not defined	Not defined	13.0	o	28.6	41.3	16.8	2.5 : 1	3	34.2
Slovenia	10	20	10	11.6	--	7.3	13.1	1.6	8.2 : 1	2	32.4
South Africa	Not defined	20	20	11.0	o	10.4	17.8	3.7	4.8 : 1	4	59.4
Spain	10	40	20	11.2	o	13.4	19.7	7.3	2.7 : 1	1	31.7
Sweden	Not defined	Not defined	Not defined	9.2	-	23.8	33.2	14.5	2.3 : 1	2	31.2
Switzerland	12	24	12	10.7	o	18.7	25.8	12.0	2.2 : 1	1	11.5
Turkey	Not defined	28	14			0.2	0.3	<0.1	3 : 1	3	86.2
United Kingdom	10	40	30	11.6	-	28.0	35.5	20.9	1.7 : 1	3	16.1
Uruguay	8	16	16	7.6	o	9.4	14.7	4.7	3.1 : 1	3	41.3
USA	14	28	14	9.2	o	16.9	23.2	10.9	2.1 : 1	2	31.1
Vietnam	10	20	10	6.6	+	1.4	2.6	0.2	13 : 1	3	61.7

* **Heavy episodic drinking** = defined as drinking at least 60 grams or more of pure alcohol on at least one occasion in the past seven days

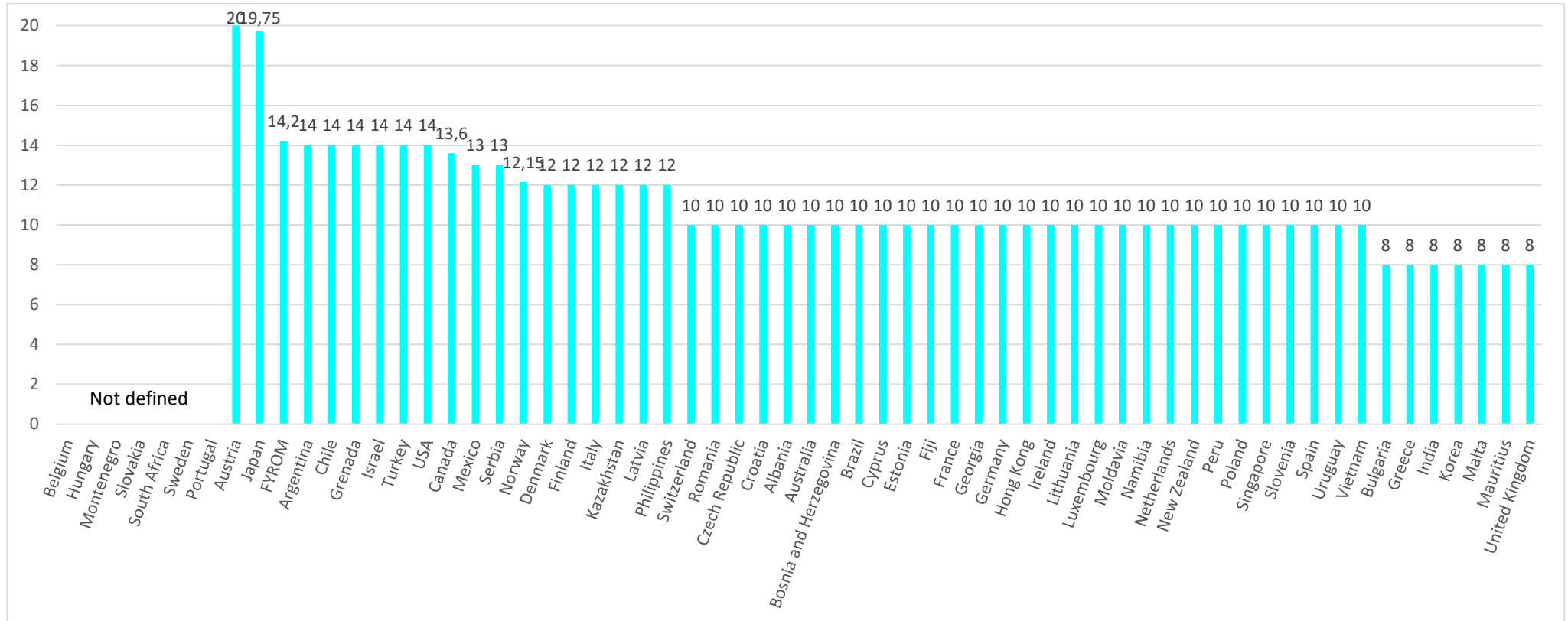
** Daily alcohol consumption extrapolated from weekly alcohol consumption

Patterns of drinking score = *how* people drink instead of *how much* they drink. Strongly associated with the alcohol-attributable burden of disease of a country, PDS is measured on a scale from 1 (least risky pattern of drinking) to 5 (most risky pattern of drinking). The higher the score, the greater the alcohol-attributable burden of disease. Notably, different drinking patterns give rise to very different health outcomes in population groups with the same level of consumption. PDS is based on an array of drinking attributes, which are weighted differentially in order to provide the PDS on a scale from 1 to 5:

- usual quantity of alcohol consumed per occasion;
- celebratory or festive drinking;

- proportion of drinking events, when drinkers get drunk;
- proportion of drinkers, who drink daily or nearly daily;
- drinking with meals; and
- drinking in public places.

Figure 4. International standard drink unit measures (g alcohol)



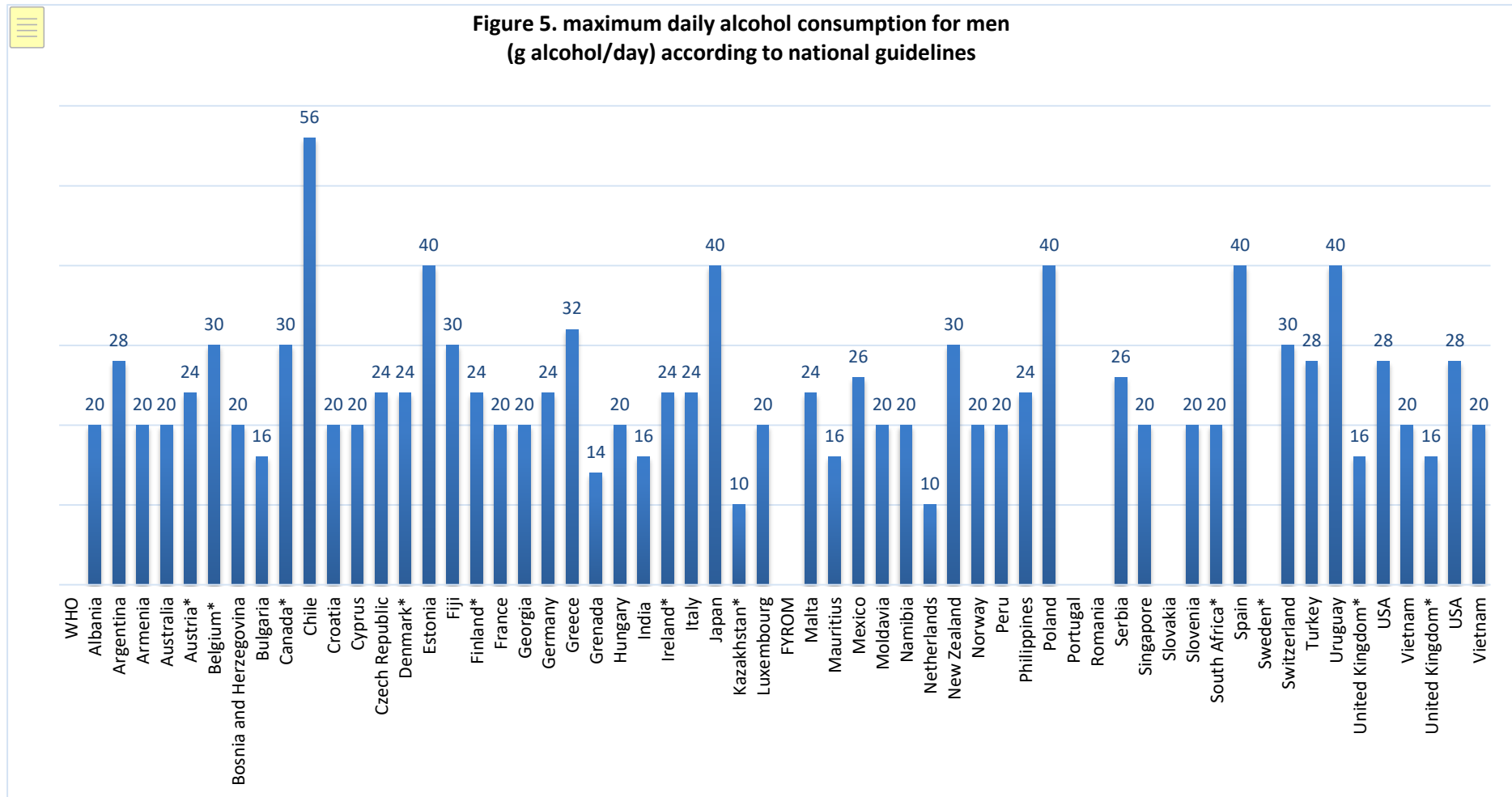
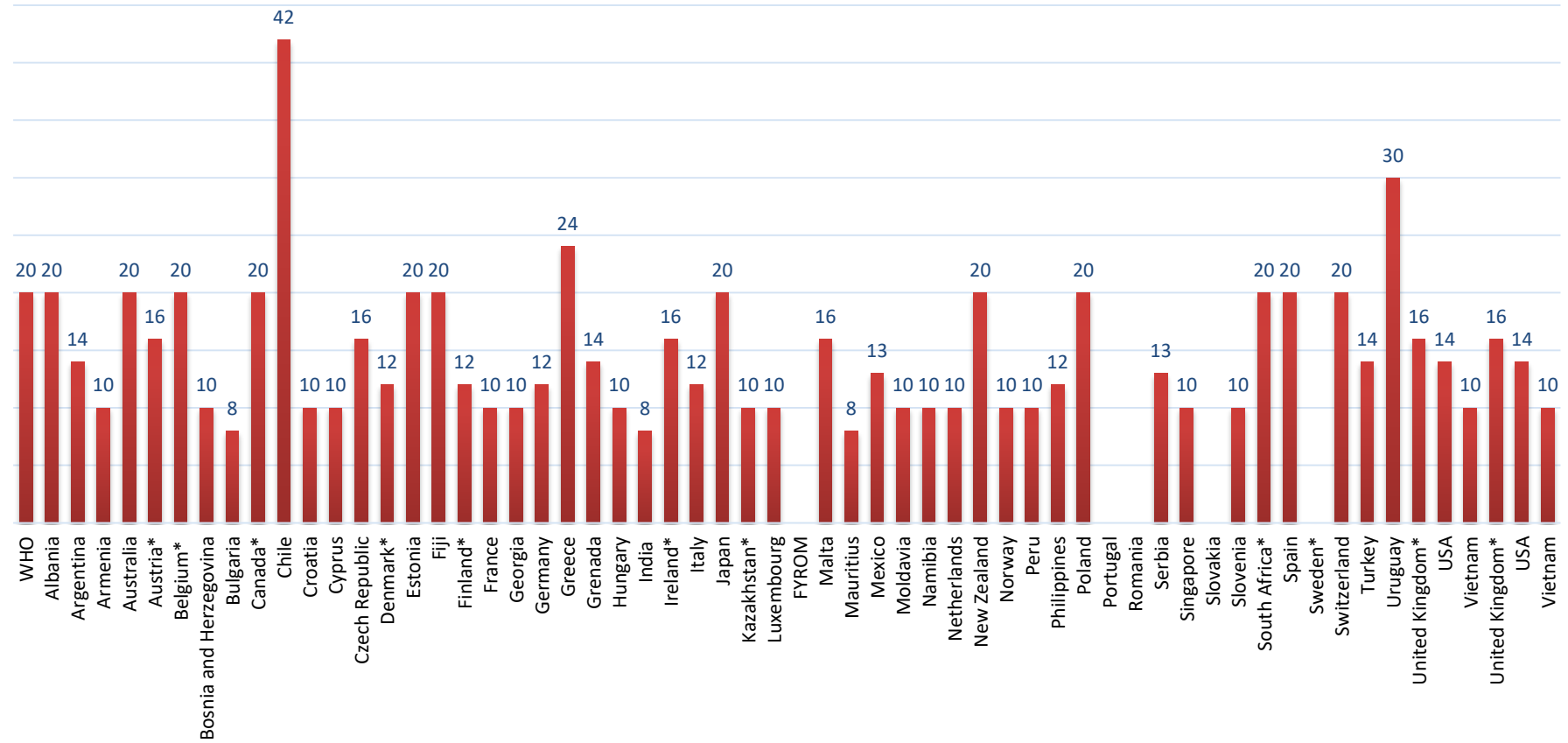


Figure 5. maximum daily alcohol consumption for women (g alcohol/day) according to national guidelines



- extrapolated from weekly limits

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