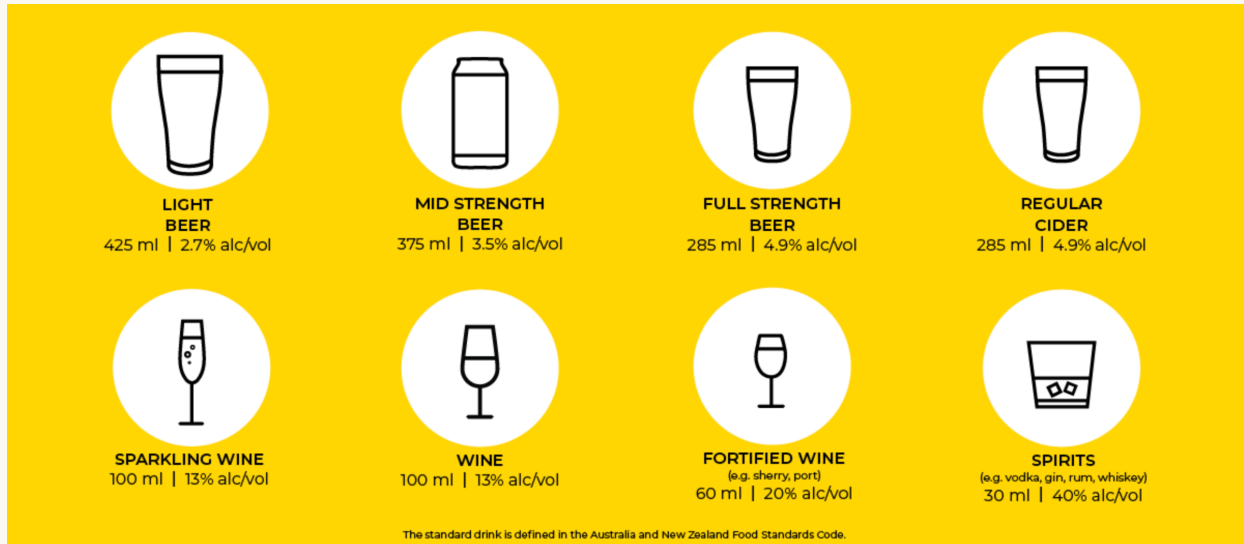




## ALCOHOL

### What is a standard drink?



### Drinking more than this can be risky to health and wellbeing:

#### 1: HEALTHY ADULTS

Drink no more than 10 standard drinks a **week**



AND

no more than 4 standard drinks on **any one day**



to reduce the risk of harm from alcohol.

The less you drink, the lower your risk of harm.

- Evidence shows that the more alcohol a person drinks, regularly over time, the higher his/her risk of developing an alcohol-associated cancer and/or they increase their chronic disease risk factors.
- Even those who have no more than one drink per day, and people who binge drink (4 or more drinks for women and 5 or more drinks for men in one sitting) increase their chronic disease risk factors.

#### Moderation is key:

- Moderate alcohol consumption can be a part of a healthy lifestyle, but it's crucial to know your limits and prioritise responsible choices.
- If you choose to drink, stay hydrated and ensure you've eaten before you drink.



# HEALTH REFLEX



## How alcohol affects your body:

**Brain:** interferes with neural pathways, can affect mood, thinking capabilities and movement – affects serotonin, GABBA, dopamine

**Heart:** drinking a lot over time or binge drinking can damage the heart – weakened heart muscle

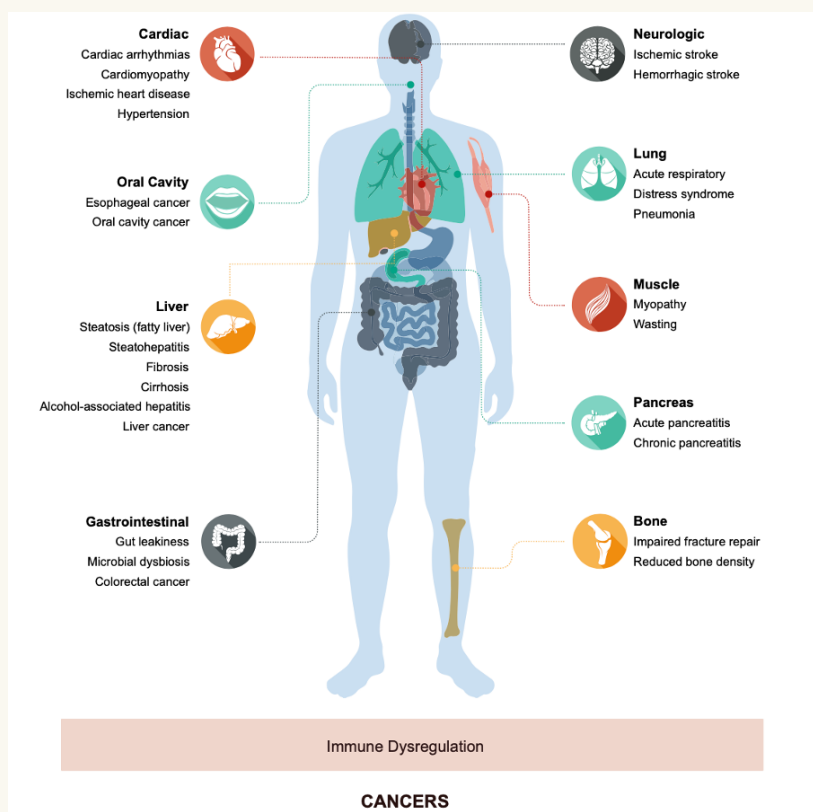
**Liver:** heavy drinking takes a toll on the liver, causing inflammation that leads to liver disease

**GIT:** leaky gut, reflux, stomach ulcers, dysbiosis, colorectal cancer, weight gain

**Pancreas:** alcohol produces toxins that can damage the pancreas causing inflammation and swelling, disrupting digestive system

**Cancer:** alcohol is linked with several types of cancers, liver, colon, breast, oral, rectal

**Immune System:** alcohol weakens your immune system, making your body an easier target for disease



## Alcohol is energy dense = weight gain

- Margaritas, 237ml = 810kJ – 970kJ
- Pina Colada, 237ml = 1,300kJ – 1,550kJ
- Gin & Tonic, 133ml = 330-400kJ
- Aperol Spritz, 117ml = 1,400-1,480kJ
- Bourbon & Coke, 177ml = 475kJ
- Long Island Ice Tea 237ml = 1,400kJ-1,500kJ
- Wine, 150ml = 360-460kJ
- Champagne, 100ml = 465kJ
- Vodka & Soda, 176ml = 280kJ

