

Table 10.3 Examples of recommended maximum drinking limits from around the world (in g ethanol)

Recommended limits for	Adult male		Adult female		Pregnancy (breastfeeding)	Source
	Per day	Per week	Per day	Per week		
	—regular (any occasion)		—regular (any occasion)			
UK	[16 g]	112 g	[16 g]	112 g	Avoid alcohol if pregnant or planning pregnancy	Department of Health, UK
Ireland	[25 g]	170 g	15 g	110 g	Best for a pregnant woman not to drink	Department of Health, Ireland
Canada		27 g		27 g	No alcohol if pregnant, planning to be, or breastfeeding	Canadian Centre on Substance Abuse
US	28 g (56 g)	196 g	14 g (42 g)	98 g	It is safest to avoid alcohol altogether	National institute on Alcohol Abuse and Alcoholism
Australia	20 g (40 g)	140 g	20 g (40 g)	140 g	Not drinking is the safest option if pregnant or breastfeeding	National Health and Medical Research Council
New Zealand	30 g (50 g)	150g	20 g (40 g)	100 g	Abstinence is the safest option if pregnant or breastfeeding or planning pregnancy	Health Promotion Agency NZ
France	30 g	[210 g]	30 g	[210 g]	Avoid alcohol altogether	Ministry of Health, Youth & Sports

Germany	24 g	[120 g]	12 g	[60 g]	No alcohol from the beginning	Federal Centre for Health Education
Japan	40 g	280 g	20 g	140–280 g	Avoid alcohol consumption of any amount	Ministry of Health, Labor & Welfare
India	20 g	[140 g]	10 g	50 g	Avoid alcohol completely.	National Drug Dependence Treatment Center (NDDTC), All India Institute of Medical Sciences
Thailand	'Consumption of alcoholic beverages is to be reduced, as the ill effects of excessive alcohol intake on nutritional status and health are well documented'					Department of Health, Ministry of Public Health
Italy	24 g		12 g		In pregnancy do not drink; protect the baby	Ministry of Health, Italy
Poland	40 g	280 g	20 g	140 g	No alcohol	State Agency for the Prevention of Alcohol-Related Problems
China	25 g		15 g		Recommended not to drink alcohol at all	National Health and Family Planning Commission, China

Square brackets indicate that a guideline was calculated from other information provided, rather than set out directly.

European Union (EU): there are no EU-wide recommendations on alcohol which is the prerogative of member countries.