

Alcohol



Glossary

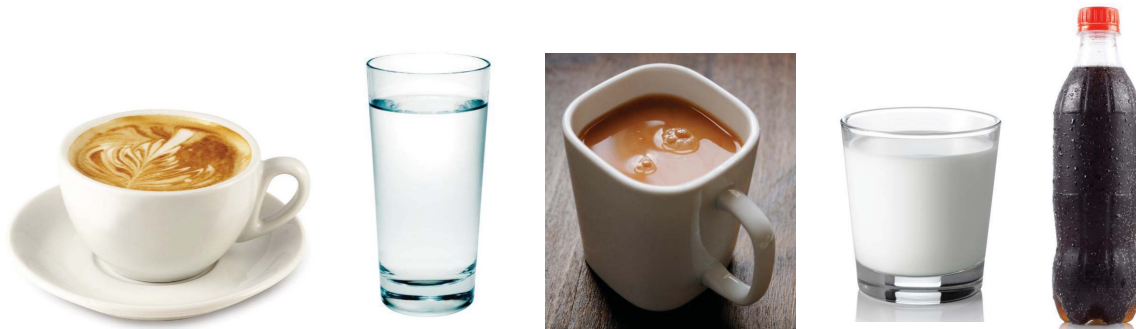
alcohol A liquid that effects your body and the way you think and feel.

limits A set amount that should not be exceeded.

risk Something that can cause harm or danger.

units The measure of how much alcohol a liquid contains.

Not Alcohol



Women should not regularly drink more than 2 to 3 units a day.

Men should not regularly drink more than 3 to 4 units a day.