

Limit alcohol

Even moderate amounts of alcohol make the chances of getting cancers of the mouth, pharynx, larynx, oesophagus, liver, breast and bowel higher. Drinking alcohol is connected to more than 5,000 cancer cases in Australia each year. This includes one in five breast cancers.

To lower your chances of getting cancer, limit drinking alcohol. Better still, avoid it altogether. If you choose to drink alcohol, we recommend:

- no more than two standard drinks per day
- at least one or two alcohol-free days every week.

One standard drink is:

- 285ml of beer (one glass of beer)
- 100ml of wine (one small glass of wine)
- 30ml of spirits (one measure of spirits).

Alcohol does not protect against any type of cancer. If you choose to drink, drink responsibly.

Tips

- Limit alcohol to special occasions.
- Drink water rather than alcohol.
- Dilute your drinks. For example, try beer and lemonade, white wine and mineral water, or spirits and low-calorie soft drinks.
- Choose low-alcohol drinks.