# TOM sidebar drinking guidelines NEW

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### How much is too much?

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

The Australian guidelines recommend you have

* at least two alcohol-free days a week
* no more than four standard drinks a day, and
* no more than ten standard drinks a week.

[Read the guidelines](https://www.nhmrc.gov.au/health-advice/alcohol" \t "_blank)

### Metadata