# TOM full-width drinking guidelines NEW

#### 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%22%20%5Ct%20%22_blank)