Although most people can enjoy moderate consumption of alcohol safely, exceeding the recommended limit and/or binge drinking can contribute to a number of health problems, such as liver disease, high blood pressure and obesity.

Over the years, the alcohol content of most drinks has gone up so a drink may contain more units of alcohol than you think. It is recommended that men and women do not drink more than 14 units of alcohol per week and that it is best spread evenly across the week. Here’s a useful guide to the alcohol units of some common drinks.