

# The effects of alcohol consumption are different for men and women

There are differences between men and women in body composition, and in how alcohol is absorbed and metabolised. But in both alcohol consumption is harmful.

With the same amount of alcohol, there are more consequences for women:



Faster and longer lasting immediate effects.



Higher blood concentrations are reached.



There is a greater likelihood of harm to the liver, heart, neurological, etc.



Therefore, the low risk alcohol consumption thresholds are different.

 **10 g** of alcohol/day

**10 g**  
1 shot (40%) 30 ml or Half a glass of wine (10%) 125 ml or 1 small beer (5%) 250 ml



 **20 g** of alcohol/day

**20 g**  
2 shots (40%) 60 ml or 1 glass of wine (10%) 250 ml or 1 mug of beer (5%) 500 ml



Alcohol consumption **is harmful to health** and consumption above these thresholds is associated with **greater mortality**

Only NOT consuming any alcohol eliminates the risk



Consult official sources for information

<https://www.mscbs.gob.es/profesionales/saludPublica/prevPromocion/Prevencion/alcohol/home.htm>

[www.mscbs.gob.es](http://www.mscbs.gob.es)

September 7, 2021



ESTRATEGIA  
PROMOCIÓN DE LA SALUD  
Y PREVENCIÓN EN EL SNS

NIPO: 133-21-135-0

