

Low alcohol and alcohol-free products

Everything you need to know



While the rise of low alcohol and alcohol-free products might seem to have come out of the blue this is a trend that has been brewing for some time. The good thing is, the increase in demand has led to a vast improvement in the products on offer and if you go to any supermarket you will see a wide range of products to choose from.

So what does it all mean?

There are three categorisations that apply to low alcohol and alcohol-free drinks produced in the UK:



1

Alcohol-free:
have no more than
0.05% ABV

2

De-alcoholised:
have no more than
0.5% ABV

3

Low alcohol:
have no more than
1.2% ABV

The labelling of low alcohol and alcohol-free drinks can be confusing as even products that are called 'alcohol-free' can still contain small amounts of alcohol.

The best advice is to make sure you always check the ABV % on the back of the bottle before drinking it.

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Why choose low alcohol and alcohol-free products?

If you want to cut down on the amount of alcohol you're consuming, low alcohol and alcohol-free drinks are a great way to help you moderate your drinking.



Low alcohol and alcohol-free drinks have fewer units, which can help to stay within the UK Chief Medical Officers' (CMO) low risk drinking guidelines, which recommend it is safest not to regularly drink more than 14 units a week, spread across three or more days with several drink free days and no bingeing.



If you are trying to cut back why not use our MyDrinkaware app to help you stay on track and try swapping some of your regular drinks to alcohol-free products. **You might find it is easier than you thought to cut back.**

