



**BREWERS  
GUILD**  
OF NEW ZEALAND

### **BGNZ Position Statement**

We are committed to encouraging responsible choices about alcohol and believe that for adults of legal drinking age, moderate alcohol consumption can be part of a well-balanced lifestyle. Various health authorities and medical studies state that moderate consumption of alcohol may be associated with certain health benefits for some adults, including a protective effect against cardiovascular disease and diabetes.

However, studies have also found that heavy drinking has been associated with a number of illnesses, including liver disease, high blood pressure, and an increased risk of certain types of cancer. Studies have reported an association between moderate alcohol consumption and an increased risk of certain cancers, including breast cancer.

We do not recommend that anyone drink alcohol for its potential health benefits and would encourage those with specific questions about their drinking to consult their healthcare professionals. Together, they can determine what is best, based on individual risk factors, including family history, genetics, and lifestyle. For some people, the better choice may be to not drink at all.