

NHS and UK Chief Medical Officers' advice on units and drinking guidelines

What is a unit and how much is too much?

Beer and Cider



A pint of lower strength (4%) lager, beer or cider

2 UNITS



A pint of medium strength (5%) lager, beer or cider

3 UNITS



A 440ml can of medium strength (5%) lager or beer or cider

2 UNITS



A 500ml can of high strength (7.5-9%) lager or beer or cider

4 UNITS

Alcopops



A small bottle (275ml) of lower strength (4%) alcopop

1 UNIT

A large bottle (700ml) of higher strength (5%) alcopop

3.5 UNITS

The UK Chief Medical Officers recommend that adults do not regularly exceed

14 units a week for both men and women



Spirits



A single measure of spirit (40%)

1 UNIT



A double measure of spirit (40%)

2 UNITS

Wine



A standard glass (175ml) of lower strength (12%) wine or champagne

2 UNITS



A small glass (125ml) of higher strength (14.5%) wine

2 UNITS



A large glass (250ml) of lower strength (12%) wine

3 UNITS

CHECK THE LABEL

Most drinks tell you how many units are in them

Know your limits

Units of alcohol per 125ml glass



CMO Guidance :

- (1) Children and their parents and carers are advised that an alcohol-free childhood is the healthiest and best option. However, if children drink alcohol, it should not be until at least the age of 15 years.
- (2) If young people aged 15 to 17 years consume alcohol it should always be with the guidance of a parent or carer or in a supervised environment.
- (3) Parents and young people should be aware that drinking, even at age 15 or older, can be hazardous to health and that not drinking is the healthiest option for young people.
If 15 to 17 year-olds do consume alcohol they should do so infrequently and certainly on no more than one day a week. Young people aged 15 to 17 years should never exceed recommended Government guidelines.