

# How many units in a drink?

1



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



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



A single measure of spirit (40%)

## CHECK THE LABEL

Most drinks tell you how many units are in them

### Know your limits

Units of alcohol per 125ml glass



2



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



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



A 440ml can of medium strength (4.5%) lager or beer



A double measure of spirit (40%)

3



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



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



A large bottle (700ml) of lower strength (4%) alcopop

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



**14 units a week for both men and women**



4



A large bottle (700ml) of higher strength (5.5%) alcopop



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