

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, beer or cider



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 *higher strength* (7.5%)
lager, beer or cider

