

Your **guide** to alcohol units

The UK's Chief Medical Officers – the top doctors – recommend not drinking more than 14 units a week. But what is a unit? And how many are in your drink?

Units help us to calculate the quantity of pure alcohol in our drinks using its strength and size. One unit equals 10ml or 8g of pure alcohol.

You can work out how much alcohol is in your drink – based on its strength and size – by using the following equation:

strength (alcohol by volume or ABV) x the volume of the drink (in millilitres) ÷ 1,000 = the total number of units in your drink

Don't fancy doing the maths? Check out the table opposite to see how many units are in your drink.



Type of drink	Number of units
Pint of lower-strength lager/beer/cider (568ml, ABV 3.6%)	2 units
Pint of ordinary-strength lager/beer/cider (568ml, ABV 4%)	2.3 units
Pint of higher-strength lager/beer/cider (568ml, ABV 5.2%)	3 units
Bottle of lager/beer/cider (330ml, ABV 5%)	1.7 units
Can of lager/beer/cider (500ml, ABV 5.5%)	2.8 units
Small glass of wine (125ml, ABV 13%)	1.6 units
Standard glass of wine (175ml, ABV 13%)	2.3 units
Large glass of wine (250ml, ABV 13%)	3.3 units
Alcopop (275ml, ABV 5.5%)	1.5 units
Single shot of spirits (25ml, ABV 40%)	1 unit
Double shot of spirits (50ml, ABV 40%)	2 units

Alcohol guidelines

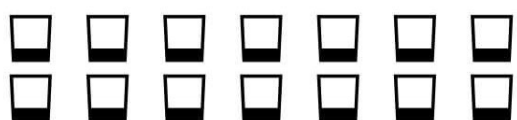
14
units
per week



For men
and women

To keep health risks from drinking alcohol to a low level, men and women should not exceed 14 units per week and it is advisable to **spread your drinking over three days or more**.*

This is what 14 units looks like...



14

single measures of spirit
(25ml) 40% ABV

or



6

glasses of wine
(175ml) 13% ABV

or



6

**pints of ordinary strength
beer/lager/cider**
(568ml) 4% ABV

ABV = Alcohol by volume

Remember the drinks you pour at home may be **larger** than the measures used in pubs.

If you are **pregnant**, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.



If you have any concerns about your alcohol consumption, visit www.alcoholchange.org.uk or speak to your GP.