

Alcohol Units, Guidelines and Help:



PINT OF LAGER
4% ABV

2.3 UNITS



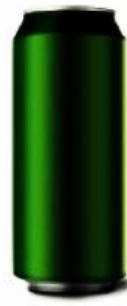
PINT OF BITTER
5% ABV

2.8 UNITS



PINT OF STRONG BEER/LAGER/CIDER
5.2% ABV

3 UNITS



500ml CAN OF LAGER
3.8% ABV

1.9 UNITS



750ml BOTTLE OF WINE
13.5% ABV

10 UNITS



175ml GLASS OF RED OR WHITE WINE
13% ABV

2.3 UNITS



250ml GLASS OF RED OR WHITE WINE
13% ABV

3.3 UNITS



50ml GLASS OF FORTIFIED WINE (E.G. SHERRY)
20% ABV

1 UNIT



25ml SINGLE SPIRIT AND MIXER
40% ABV

1 UNIT



50ml DOUBLE SPIRIT AND MIXER
40% ABV

2 UNITS



275ml BOTTLE OF ALCO-POP
5% ABV

1.4 UNITS



50ml DOUBLE IRISH CREAM LIQUEUR
20% ABV

1 UNIT



The units are the same for men and women

14 units per week



or 5 pints of beer, lager or cider a week



or 6 glasses of wine a week



or 7 doubles of spirits a week

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



spread the 14 units across the week
try to have 3 days off

Alcohol Unit Guidelines

Female

14

units per week

Male

14

units per week

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withyou**

Tel: 0333 2000 325

Available 24 hours

<http://www.wearewithyou.org.uk/>



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