

## How to calculate Alcohol Units

To help calculate alcohol consumption levels use this 'Units Ready Reckoner' below.

The table enables calculation of units in any given bottle or can of beer, cider, wine or spirits.

Just look down the left hand column until you come to the strength of the drink in question.

Then read along the line horizontally, until you come to the relevant can, bottle or glass size.

The figure shown is the total number of units in the container,  
rounded up to the nearest easy fraction.

### ALCOHOL UNITS

**Recommended safe levels:**

**Men/Women: 14 units per week, spread over 3+ days, with several alcohol free days each week.**

% Alcohol by Volume	PUB MEASURES					BOTTLES AND CANS							
	Beer Cider 1/2 pint	Beer Cider 1 pint	Spirits 1/8 gill	Ver-mouth 1/3 gill	Wine 125ml 4oz	Beer Cider 275ml	Beer Cider 330ml	Beer Cider 440ml	Wines Spirits 70cl	Wines Spirits Cider 75cl	Wines Spirits Beer Cider 1litre		
1%	1/4	1/2	-	-	-	1/4	1/3	1/2	2/3	3/4	1	Low alcohol wines & beers	
3%	3/4	1 3/4	-	-	1/3	3/4	1	1 1/3	2	2 1/4	3	Low strength beers	
3½ %	1	2	-	-	1/2	1	1 1/4	1 1/2	2 1/2	2 2/3	3 1/3	Standard strength beers & cider	
4%	1	2 1/4	-	-	1/2	1	1 1/3	1 3/4	2 3/4	3	4		
4½ %	1 1/4	2 1/2	-	-	1/2	1 1/4	1 1/2	2	3 1/4	3 1/3	4 1/2	Export strength beers, strong ciders	
5%	1 1/2	2 3/4	-	-	2/3	1 1/3	1 2/3	2 1/4	3 1/2	3 3/4	5		
5½ %	1 1/2	3	-	-	2/3	1 1/2	1 3/4	2 1/2	3 3/4	4	5 1/2	Baby cham	
6%	1 3/4	3 1/2	-	-	3/4	1 2/3	2	2 2/3	4 1/4	4 1/2	6	Table wines	
8%	2 1/4	4 1/2	-	-	1	2 1/4	2 2/3	3 1/2	5 1/2	6	8		
9%	2 1/2	5	-	-	1	2 1/2	3	4	6 1/4	6 3/4	9	Barley wine	
10%	2 3/4	5 2/3	-	-	1 1/4	2 3/4	3 1/3	4 1/2	7	7 1/2	10		
11%	3	6 1/4	-	-	1 1/3	3	3 2/3	4 3/4	7 3/4	8 1/4	11		
12%	-	-	-	-	1 1/2	-	-	-	8 1/2	9	12		
13%	-	-	-	-	1 2/3	-	-	-	9	9 3/4	13		
13½ %	-	-	-	-	1 2/3	-	-	-	9 1/2	10 1/4	13 1/2	Ginger wine, Montilla wine	
14½ %	-	-	-	3/4	1 3/4	-	-	-	10 1/4	11	14 1/2	Vermouths, Sanatogen	
15%	-	-	-	3/4	2	-	-	-	10 1/2	11 1/4	15	British sherry	
17%	-	-	-	3/4	2	-	-	-	12	12 3/4	17	Cream liqueurs	
17½ %	-	-	-	1	2 1/4	-	-	-	12 1/4	13	17 1/2	Sherry, Advocaat	
20%	-	-	-	1	2 1/2	-	-	-	14	15	20	Port	
24%	-	-	2/3	1 1/4	3	-	-	-	16 3/4	18	24	Cherry brandy, Campari, Malibu	
25%	-	-	2/3	1 1/4	3	-	-	-	17 1/2	18 3/4	25	Pimms	
26½ %	-	-	2/3	1 1/3	3 1/3	-	-	-	18 1/2	20	26 1/2	Liqueurs	
37½ %	-	-	1	-	4 2/3	-	-	-	26 1/4	28	37 1/2	"Sub-norm" Spirits	
40%	-	-	1	-	5	-	-	-	28	30	40	Standard Spirits	
43%	-	-	1	-	5 1/3	-	-	-	30	32 1/4	43	"Import" Strength Spirits	