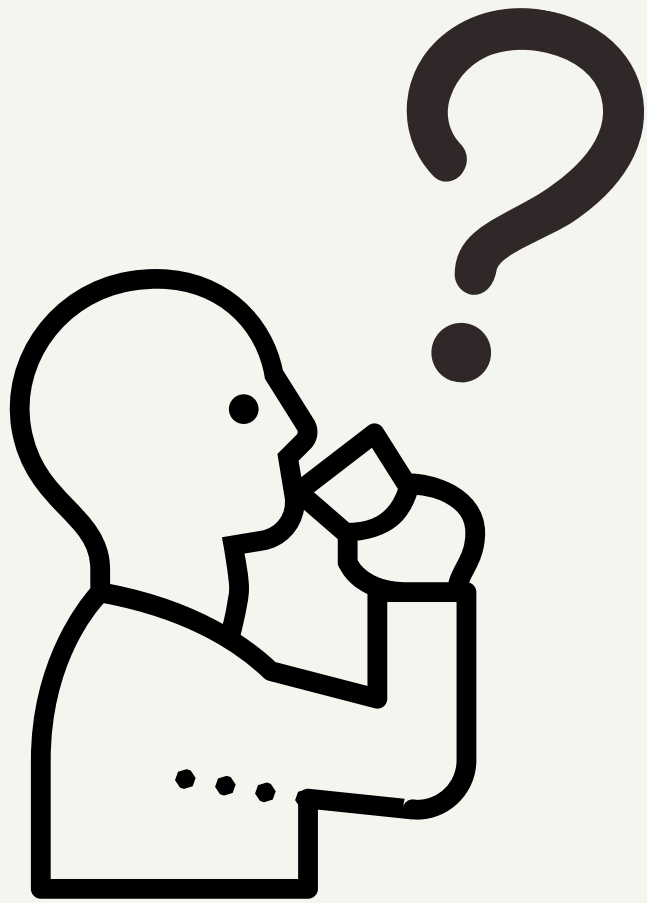




**How many
calories and units
are you drinking?**

Beer, lager & bitters

Pint of beer (568ml) 5.2%, 3
units, 250 calories.
To burn this off you'd have to
run for 18 minutes!



Pint of bitter (568ml) 4%, 2.3
units, 183 calories.
To burn this off you'd have to
swim for 40 mins or you could
have a large slice of pizza!



Lager 1/2 pint
(284ml) 5.2%, 1.5 units,
90 calories.

Can of beer/lager
(440ml) 5%, 2.2 units,
127 calories.

Lager bottle (330ml)
5.2%, 1.7 units, 216
calories.

Bitter 1/2 pint
(284ml) 4%, 1.1 units,
200 calories.

Wines/Spirits & mixers



Large glass of
wine (250ml) 12%, 3
units, 190 calories.
To burn this off you'd
have to cycle for 20
minutes!



Bottle of wine
75cl (750ml) 13.5%, 10 units,
510 calories.
To burn this off you'd have to
run for 51 minutes!
This is also the equivalent of
eating 6 Iced Doughnuts!



Glass of Prosecco(125ml)

12%, 1.5 units, 86 calories.

Two glasses of these, is the equivalent of eating a slice of chocolate cake!



Double whiskey and coke(50ml)40%, 2 units, 200 calories.

Single gin and tonic(25ml,based on 40% volume) 1 unit, 126 calories.

What is a unit?

1 unit of alcohol =10ml or 8g of pure alcohol (7 calories per gram)

What is the weekly allowance?

The recommended allowance for men and women is no more than 14 units per week. This is spread over 3 days or more with days off in between.

This is the same as six medium glasses of wine (175ml) ABV of 12%.

Formula to calculate units of alcohol in specific drinks

$$\text{ABV (alcohol by volume)} \div 1000$$

One Large glass of wine (250ml) at 12% is $12 \times 250 \div 1000 = 3 \text{ UNITS}$

One Medium glass of wine (175ml) at 12% is $12 \times 175 \div 1000 = 2.1 \text{ UNITS}$

One can of lager (440ml) at 5% is $5 \times 440 \div 1000 = 2.2 \text{ UNITS}$

For more information about units and calories in alcohol, visit Drinkcoach
[Drinkcoach.org.uk/alcohol-units](https://drinkcoach.org.uk/alcohol-units)