

UNITS GUIDE

1 unit

Single 25 ml measure of spirits (40%)
50ml measure of sherry or aperitifs (17.5-20%)
Half pint of regular beer, lager or cider (4%)



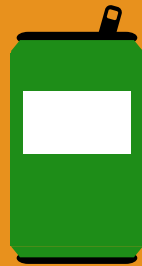
1.5 units

Alcopop (5%) or 275ml bottle of regular lager (4%)



2 units

Pint or 440ml can of regular beer lager or cider (4%)



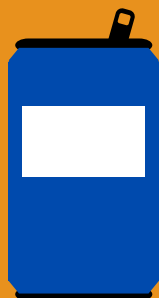
3 units

Pint of strong beer, lager or cider (5%)
Large 250ml glass of wine (12%)



4 units

440ml can super strength lager (9%)



10 units

750ml bottle wine (13.5%)



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