













## Alcohol Units

Knowing how much you're drinking is more difficult than it first looks. Although it is easy to count the number of pints or glasses of wine the amount of alcohol this contains is dependant on the number of units within the drink consumed.

But what is a unit of alcohol? A unit is equivalent to 10ml of pure alcohol, the amount the average person can process within an hour. To calculate the amount of alcohol in a drink the following formula can be used:

$$\frac{\text{Volume (ml)} \times \% \text{alcohol (ABV)}}{1000}$$

The chart below gives a summary of Units in most popular drinks.

1 unit	1.5 units	2 units	3 units	9 units	30 units
 Normal beer half pint (284ml) 4%	 Small glass of wine (125ml) 12.5%	 Strong beer half pint (284ml) 6.5%	 Strong beer large bottle/can (440ml) 6.5%	 Bottle of wine (750ml) 12.5%	 Bottle of spirits (750ml) 40%
 Single spirit shot (25ml) 40%	 Alcopops bottle (275ml) 5%	 Normal beer large bottle/can (440ml) 4.5%	 Large glass of wine (250ml) 12.5%	<p>Government advises alcohol consumption should not regularly exceed:</p>  <p><b>Men</b> 3-4 units daily</p> <p><b>Women:</b> 2-3 units daily</p>	
		 Medium glass of wine (175ml) 12.5%			

SOURCE: Office for National Statistics

### Department of Health Guidelines:

- Men - No more than 3 - 4 Units per day
- Women - No more than 2 - 3 units per day
- Pregnant Women - Avoid alcohol

### Advice on reducing alcohol consumption

- Be aware of the number of units in the drinks you're having, try a wine of lower ABV or %, or a lower strength beer or larger.
- Drink smaller glasses, for example half pints or small (125ml) glasses of wine.
- Alternate alcohol drinks with soft drinks.
- If drinking at home pour small amounts, it's easy to drink more than you realise.