
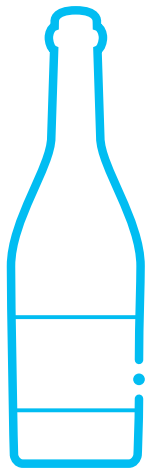


How many units are in your drink?

● 1 unit =  10ml of 100% pure alcohol
Two 5ml teaspoons



Just under
10 units



Wine

One bottle
of wine (13%)



Just under
2.5 units



Small wine

A 175ml glass
of wine (13%)



2 units



A pint

Ordinary strength
(3-4%) lager,
cider or bitter



1.5 units



Alcopop

A 275ml bottle
of alcopop (5%)



3 units



Pint of premium

Premium strength
(5-5.5%) lager,
cider or bitter



Just under
3 units



Large double

Two 35ml measure
of spirits (40%)



Just under
3.5 units



Large wine

A 250ml glass
of wine (13%)



1 unit



Small single

A 25ml measure
of spirits (40%)

