

How many units is your usual?



1 pint of beer/
lager/cider
4% ABV



330ml bottle of
beer/lager/cider
4.5% ABV



25ml of spirits
40% ABV



175ml glass of wine
13% ABV



250ml glass of wine
13 ABV



750ml bottle of
wine 13% ABV



275ml bottle of
alcopop
5% ABV

**You shouldn't
drink more than**

14

**units
per week**

**What's
your total
at the end
of the
night?**

Disclaimer: Alcohol units will vary depending on ABV and volume (ml). Try to spread your drinking across three or more days, and include some alcohol-free days. There is no level of regular drinking that can be considered completely safe, but risks can be reduced by drinking less than the guidelines, or by not drinking at all.