

# How many units in a drink?

1 =



A small bottle (275ml) of lower strength (4%) alcopop



A half pint of lower strength (4%) lager, beer or cider



A single measure of spirit (40%)

**CHECK THE LABEL**  
Most drinks tell you how many units are in them

Know your limits

Units of alcohol per 125ml glass



2 =



A standard glass (175ml) of lower strength (12%) wine or champagne



A pint of lower strength (4%) lager, beer or cider



A 440ml can of medium strength (4.5%) lager, beer or cider



A double measure of spirit (40%)

3 =



A pint of medium strength (5%) lager, beer or cider



A large glass (250ml) of lower strength (12%) wine



A large bottle (700ml) of lower strength (4%) alcopop

The UK Chief Medical Officers recommend that adults do not regularly exceed:



**14 units a week for both men and women**

4 =



A large bottle (700ml) of higher strength (5.5%) alcopop



A 500ml can of higher strength (7.5%) lager, beer or cider

