




How is alcohol measured ?

Alcohol is measured in units. One unit is considered to be 8g of alcohol.

1 unit is:

		
½ of beer/lager	1 pub (25ml) measure of spirit	1 standard (125 ml) wine glass

The size of some drinks may vary and home measures of spirits are usually more generous than pub measures. The alcohol content of different products also varies. Cans of beer and lager often contain about three-quarters of a pint, rather than half a pint, and so will contain 1.5 units - more if the product is high strength. Pubs and restaurants might serve wine as 175 ml or even 250 ml servings and standard spirit pub measures as 35 ml.

The alcoholic strength of a drink is normally shown on the bottle or can as %ABV (alcohol by volume). The higher the percentage ABV, the stronger the drink.

How much can I have?

- Men - Up to 3 to 4 units per day with at least 2 alcohol free days throughout the week.
- Women - Up to 2 to 3 units per day with at least 2 alcohol free days throughout the week.

Unit calculator

Drink	Alcohol by volume	Units per drink
Beer/lager		
Pint of standard beer/lager (568mls)	3.5% - 4%	2 - 2 ¼ units
Pint of strong beer/lager (568mls)	4% - 5.5%	2 - 3 units
Can of standard beer/lager (500mls)	3% - 5.5%	1½ - 2¾ units
Can of strong beer/lager (500mls)	9%	4½ units
Bottle of standard beer/lager (330mls)	4.5%	1½ units
Bottle of standard beer/lager (275mls)	4%	1 unit
Stout		
Pint of stout (568 mls)	4.2%	2 units
Bottle of stout (330 mls)	4.2%	1 1/3 unit
Can of Stout (500 mls)	4.2%	2 units
Wines		
Glass of wine (125 mls)	12.5% -13%	1½ units
Small pub bottle of wine (187.5 mls)	12.5% -13%	2¼ units
Standard bottle of wine (750 mls)	13%	9 units
Bottle of fortified wine (750 mls)	15%	11¼ units
Spirits		
Northern Ireland pub measure (35mls)	37.5% - 40%	1½
Pub measure (25 mls)	37.5% - 40%	1
Bottle of vodka or gin (700 mls)	37.5%	26¼ units
Cider		
Pint of standard cider (568 mls)	5.5%	3 units
Pint of strong cider (568 mls)	8%	4 ½ units
Sparkling or still flavoured alcoholic drink		
Bottle of standard alcopop (275 mls)	5.0% -5.5%	1½ units
Large bottle of standard alcopop (700mls)	5%	3½ units

Watch your waistline.

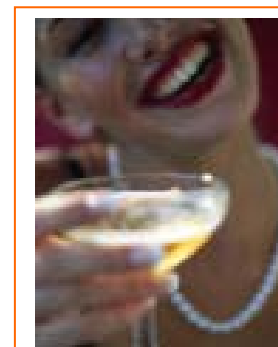
Alcohol is high in calories. Weight for weight, the alcohol in your drink contains almost as many calories as fat.

The energy provided by an alcoholic drink is dependent upon the percentage of alcohol it contains and its sugar content.

A pint of average strength lager contains a total of 160 calories, so drinking 4 pints in an evening adds up to 640 calories. Three small glasses of red wine adds up to nearly 300 calories. In comparison, a 25g bag of crisps contains about 130 calories.

Calorie calculator

Drink	Quantity	Calories
Stout	1 pint	210
Lager	1 pint	160
Cider	1 pint	200
Spirits	1 NI pub measure (35ml)	50
Wine	1 small glass (125ml)	80-100
"Alcopop" 5%	275 ml bottle	179
Tonic (normal)	1 small bottle (150ml)	35
Pure orange	1 small bottle (150ml)	65
Cola (normal)	1 bottle (250ml)	100



ALCOHOL

A simple guide to sensible drinking

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