

KEEP TRACK OF YOUR UNITS

Beer, ale, stout

Ordinary strength (3.5-4%)
Premium Strength (5%)

Bottle (330ml)

1.3 units
1.6 units

Can (440ml)

1.8 units
2.2 units

Pint

2.3 units
2.8 units

Cider

Ordinary Strength (6%)
Strong (9%+)

Bottle (330ml)

2 units
3+ units

Can (440ml)

2.6 units
4+ units

Pint

3.4 units
5+ units

Lager

Ordinary Strength (3.5-4%)
Premium Strength (5%)

Bottle (330ml)

1.3 units
2 units

Can (440ml)

1.8 units
2.2 units

Pint

2.3 units
3 units

Alcopops

Ordinary Strength (5%)

Bottle (330ml)

1.4 units

Shots

E.g. tequila, Sambuca

Small measures (25ml)

1 unit

Large measure (35ml)

1.3 units

Spirits

E.g. rum, gin, vodka, whisky

Small measures (25ml)

1 unit

Large measure (35ml)

1.4 units

Wine

11% ABV
12% ABV
13% ABV

Standard glass (175ml)

1.9 units
2.1 units
2.3 units

Large glass (250ml)

2.8 units
3 units
3.3 units

Fortified Wine

E.g. sherry, port

Standard measure (50ml)

1 unit

Even more simply:

1 litre of drink with 10% alcohol = 10 units