



*drink less

The unit values of popular drinks

PLEASE NOTE: The following unit values represent typical values only.



Low alcohol beer, lager & cider	Bottle (330ml)	Can (440ml)	Pint (568ml)	Litre
	Units	Units	Units	Units
2%	0.7	0.9	1.1	2

Beer, lager & cider	Bottle (330ml)	Can (440ml)	Pint (568ml)	Litre
	Units	Units	Units	Units
4%	1.3	1.8	2.3	4
5%	1.7	2.2	2.8	5
6%	2	2.6	3.4	6
9% Super	3	4	5.1	9



Wine	Small Glass (125ml)	Standard Glass (175ml)	Large Glass (250ml)	Bottle (750ml)
	Units	Units	Units	Units
10%	1.25	1.75	2.5	7.5
11%	1.4	1.9	2.8	8.3
12%	1.5	2.1	3	9
13%	1.6	2.3	3.3	9.8
14%	1.75	2.5	3.5	10.5



Spirits	Standard Measure (25ml)	Large Measure (35ml)	Standard Double (50ml)	Large Double (70ml)
	Units	Units	Units	Units
Gin, Rum, Vodka, Whiskey	0.7	0.9	1.1	2



Alcopop	Bottle (275ml)
	Units
5%	1.4



Fortified Wine	Measure (50ml)
	Units
17.5 - 20%	1