

HOW MANY UNITS ARE IN YOUR DRINK?



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10 ML OF
100% PURE ALCOHOL



TWO 5 ML TEASPOONS



JUST
UNDER
10 UNITS

WINE
One bottle
of wine (13%)



JUST
UNDER
3.5 UNITS

LARGE WINE
A 250 ml glass
of wine (13%)



JUST
UNDER
2.5 UNITS

SMALL WINE
A 175 ml glass
of wine (13%)



1.5 UNITS

ALCOPOP
A 275 ml bottle
of alcopop (5%)



2 UNITS

A PINT
Ordinary
strength (3-4%)
lager, cider
or bitter



3 UNITS

PINT OF PREMIUM
Premium
strength (5-5.5%)
lager, cider
or bitter



JUST UNDER
3 UNITS

LARGE DOUBLE
(2 x 35 ml)
measure
of spirits (40%)



1 UNIT

SMALL SINGLE
(25 ml) measure
of spirits (40%)