

What is a unit of ALCOHOL?



28 units

Bottle of spirits; whisky, vodka, gin, rum etc.

Single (pub) measure of spirits; whisky, vodka, gin, rum etc.

1 unit



Standard bottle of premium strength lager/beer.

1.7 units



Pint of lager, beer or ale.

2.3 units



2.8 units

Pint of lager, beer, ale or cider.

5% ABV



1.5 units

Champagne or sparkling wine.



3.2 units

Large glass of wine.

1.4 units

Bottle of alcopop.

5% ABV



Bottle of average strength wine.

10.1 units



2.4 units

Standard glass of wine.

13.5% ABV



Bottle of fruit cider.

2 units

4% ABV

