

WHAT'S IN YOUR DRINK?



UNITS
2.3

175ml 13%

STANDARD GLASS OF WINE



UNITS
3.3

250ml 13%

LARGE GLASS OF WINE



UNITS
1.0

50ml 20%

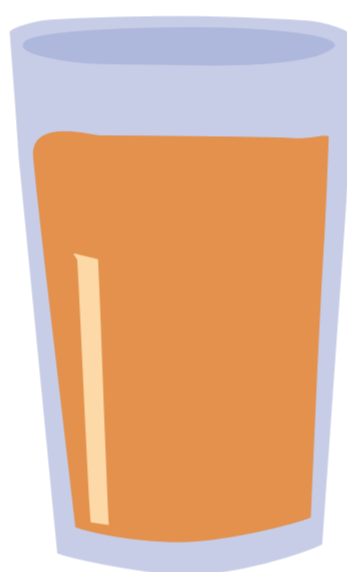
GLASS OF FORTIFIED WINE (E.G. SHERRY)



UNITS
2.3

4%

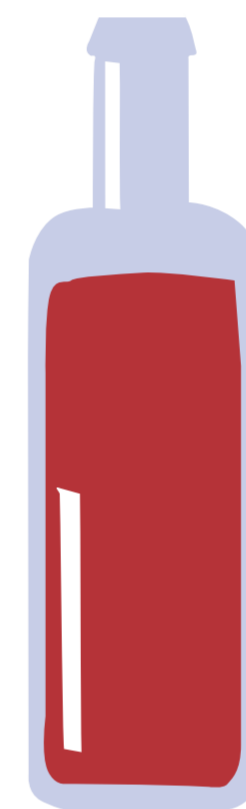
PINT OF LAGER



UNITS
3.0

5.2%

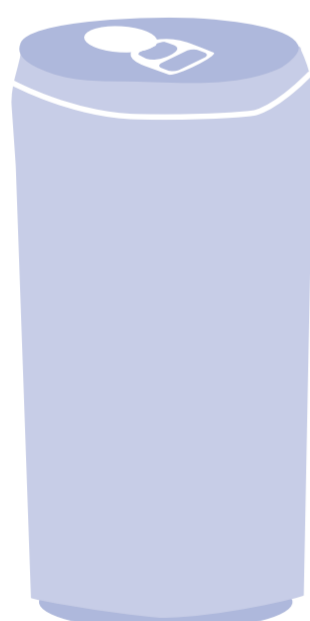
PINT OF STRONG LAGER/BEER



UNITS
10

13.5%

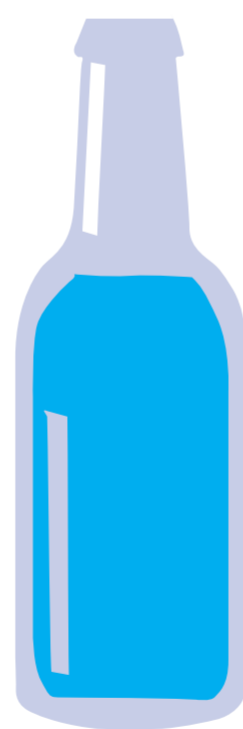
BOTTLE OF WINE



UNITS
1.9

400ml 3.8%

CAN OF LAGER



UNITS
1.4

275ml 5%

ALCOPOP



UNITS
1.0

25ml 40%

SINGLE SPIRIT

RECOMMENDED DAILY LIMITS

MEN = 3-4 UNITS WOMEN = 2-3 UNITS

WWW.NHS.UK/ALCOHOL



Alcohol Concern
Making Sense of Alcohol