



Single measure spirit

1 unit ABV 40% 25ml



Alcopop

1.4 units ABV 5% 275ml



Small glass of wine

2.3 units ABV 13% 175ml



Pint of lager

2.8 units ABV 5% 568ml



Bottle of cider

1.5 units ABV 5.3% 275ml

Drink – it adds up to more than you think

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Sensible Drinking Guidelines



2-3

units daily



3-4

units daily