

Measure your alcohol intake in units of Alcohol

Recommended safe limits per week are:

Men = 21 units Women = 14 units

The alcohol volume (%) on the bottle or can tells you the number of alcohol units per litre.

Therefore, a 75cl bottle of 12% wine contains:

12 x 0.75 = 9 units of alcohol

LAGER	Size mls	Alc Vol	Unit
Becks	275	5.0	1.4
Carling Black Label	330	4.0	1.3
Carlsberg Special Brew	500	9.0	4.5
Fosters Export	375	5.0	1.9
Holsten Pils	440	6.0	2.6
Kronenbourg 1664	440	5.0	2.2
Tennents Super	440	9.0	4.0
BEER			
Boddington	440	3.8	1.7
Courage Bitter	440	3.6	1.6
John Smiths Bitter	440	5.0	2.2
Ruddles	275	10.9	3.0
Guinness	440	4.0	1.8
Gold Label	180	9.5	2.0
CIDER			
County Manor	770	8.0	6.2
Taunton Dry Black-thorn	440	5.0	2.2
Woodpecker	1 litre	3.5	3.5
White Lighting Strong	1 litre	7.5	7.5
Diamond White	440	7.5	3.3

OTHER	Size mls	Alc Vol	Unit
Bacardi Breezer	275	5.5	1.5
Vodka Red Square	275	5.5	1.5
Bottle Wine	750	11.0	8.3
Spirits	700	40.0	28

In the Pub

- ½ pint regular strength beer = 1 unit of alcohol
- 1 small pub measure glass of wine = 1 unit of alcohol
- 1 pub measure of spirits = 1 unit of alcohol
- 1 pub measure of sherry = 1 unit of alcohol

1 unit	=	Half pint beer/ lager (3.5% ABV)
1 unit	=	Small glass of wine 125ml (8% ABV)
1 unit	=	Pub measure of spirits 1/6 gill
2 units	=	Large glass wine (175ml)

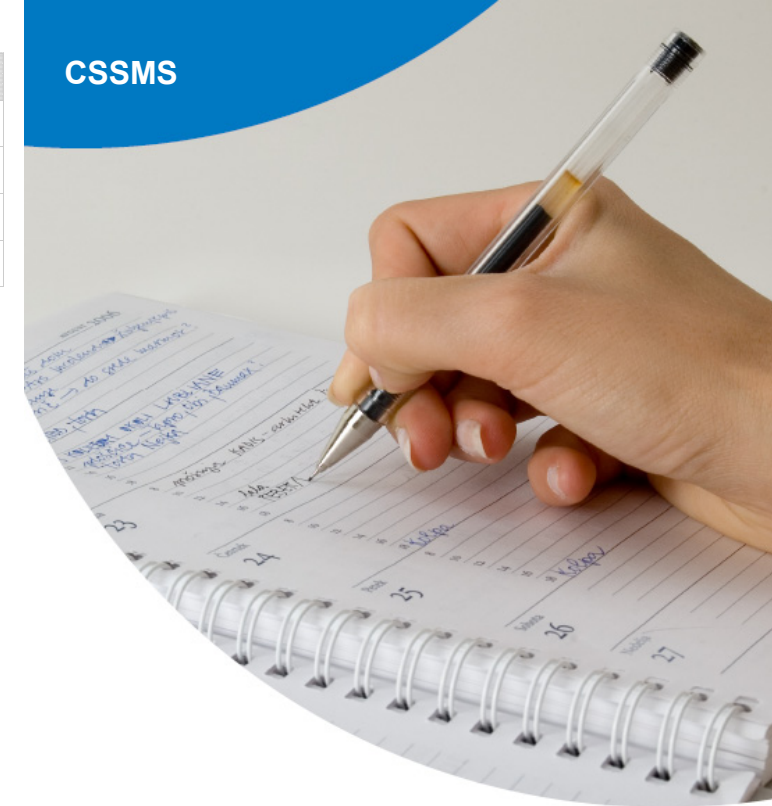
Countywide Specialist Substance Misuse Service

West Gloucestershire Team 01452 891260
 East Gloucestershire Team 01242 845614
 Criminal Justice Drugs Team 01452 545779
 Branchlea Cross 01242 845600

Primary Care Substance Misuse Service

Countywide Team 01452 523151

CSSMS



Drink Diary

2gether
Making life better

Foundation Trust
For Gloucestershire **NHS**

