

Guide to Alcohol Units

WORLD
LIVER
DAY



What is ABV?

ABV means **alcohol by volume**. It shows how much pure alcohol a drink contains, written as a percentage of the total liquid. A beer labelled 5 percent ABV has five percent pure alcohol, a wine labelled 13 percent ABV has thirteen percent pure alcohol. **ABV lets you compare drinks by strength, not by type or serving size.**

Why standard units matter

Units give a simple way to track how much pure alcohol you are consuming

How to calculate units

strength (ABV) x volume (ml) ÷ 1,000 = units



Single small shot of spirits*
(25ml, ABV 40%)

1 Unit



Pint of lower-strength lager/beer/cider
(ABV 3.6%)

2 Units



Alcopop
(275ml, ABV 4.6%)

1.3 Units



Standard glass of red/white/rosé wine
(175 ml, ABV 12%)

2.1 Units



Small glass of red/white/rosé wine
(125ml, ABV 12%)

1.5 Units



Pint of higher-strength lager/beer/cider
(ABV 5.2%)

3 Units



Bottle of lager/beer/cider
(330ml, ABV 5%)

1.7 Units



Large glass of red/white/rosé wine
(250 ml, ABV 12%)

3 Units



Can of lager/beer/cider
(440ml, ABV 5.5%)

2.4 Units

*Gin, rum, vodka, whisky, tequila and sambuca. **Large (35ml) single measures of spirits are 1.4 units.**

How many units?

Men and women are advised **not to drink more than 14 units a week**

Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week

If you want to cut down, try to **have several drink-free days each week**

14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of lower-strength wine.

