

FACT SHEET ONE

ALCOHOL AND UNITS OF ALCOHOL

In the UK, one 'unit' of alcohol – 8 grams (or 10 mls) of ethanol.

1 unit =

- 1/2 pint of ordinary beer, lager, stout or cider (3% - 4% ABV) ⁽¹⁾
- 1 single measure of spirits (in England and Wales, 25ml (or 1/6 gill) 37.5% - 40% ABV) ⁽²⁾
- 1 small glass of wine (95ml or 3 fluid ounces – 9% - 14% ABV) ⁽³⁾
- 1 measure of vermouth or aperitif (50ml or 1/3 gill – 14% ABV)

$$\text{Roughly – units – } \frac{\% \text{ ABV X container size in mls}}{1000}$$

Sensible Limits:

- Men – up to 21 units per week, with one or two alcohol-free days
- Women – up to 14 units per week, with one or two alcohol-free days

As agreed by the Department of Health, the United Kingdom Alcohol Forum, the Medical Council on Alcohol and the Royal Colleges.

NOTES

1 ABV – Alcohol content by volume

2 The traditional Imperial measure of 1/6 gill (England and Wales only – different imperial measures were used in Scotland and Northern Ireland) is no longer used. 1/6 gill = 24mls (approximately)

3 A measure of wine in a pub or restaurant is usually 125mls, but it can be more

We have a Unit Calculator available – please call, and select option 1, if you would like more information.