

What is sensible drinking?

UK government daily guidelines are no more than 3 to 4 units a day for men and no more than 2 to 3 units a day for women. If you are pregnant it is better not to drink at all but if you do decide to drink guidance suggests no more than 1-2 units per week.

Men drinking 8 or more units and women drinking 6 or more units on at least one day in the week is considered to be binge drinking.

Be sensible, drink sensible

Standard beer (3.5% vol)	→ 1 pint (568ml)	2 units
Premium beer/lager (5% vol)	→ 1 pint (568ml)	2.8 units
Premium beer/lager (5% vol)	→ 1 bottle (330ml)	1.7 units
Super strength lager (9% vol)	→ 1 can (440ml)	4 units
Regular cider (5% vol)	→ 1 pint (568ml)	2.8 units
Strong cider (7.5% vol)	→ 1 pint (568ml)	4.2 units
Wine (12% vol)	→ Small (125ml) Large (250ml)	1.5 - 3 units
Spirits (37.5% vol)	→ Small (25ml) Large (50ml)	0.9 - 1.3 units
Alcopop (5% vol)	→ 1 bottle (275ml)	1.5 units