

Do you know your alcohol limits?



One 175ml glass of wine (12%) = 2 units
One 250ml glass of wine (12%) = 3 units



A single 25ml measure of spirits (40%) = 1 unit



One pint of draught beer or lager (4.5%) = 2.5 units



One bottle 330ml of beer or lager (4.5%) = 1.5 units



One 275ml bottle of alcopop (5.5%) = 1.5 units

responsible drinkers

don't exceed:

4 daily units - men

3 daily units - women