



## Unit checklist

### One unit of alcohol =

- Half pint of ordinary strength lager/beer/cider (4.1%)
- A 25 ml pub measure of spirit
- A small glass of wine (12%)

### One unit =

- 8 grams of weight or 10ml of pure alcohol

### How to work out how many units are in a particular drink:

Multiply the volume of the drink (a) by the %ABV (b) and divide it by 1000 (c). For example:

- To find out how many units are in a 500ml can of beer with a %ABV of 4.1%

$$\frac{(a) 500 \times (b) 4.1}{(c) 1000} = 2 \text{ units}$$