

WHAT IS A UNIT OF ALCOHOL?

1 UNIT =  **1/2 pint of beer**  **1/2 glass of wine**  **1 single shot of spirit**

One unit of alcohol is 10ml or 8g of pure alcohol.

DRINKING GUIDELINE

There is no completely safe level of drinking, but by sticking within these guidelines, you can lower your risk of harming your health.

- Men and women are advised not to regularly drink more than 14 units a week.
- Don't 'save up' your units to use in one or two days. If you do drink as much as 14 units in a week you should spread this out over three or more days.

If you want to cut down how much you're drinking, a good way to help achieve this is to have several drink-free days each week.

If you think you may have a problem with your drinking, discuss this with your GP and/or contact [Drinkline](#) on **0300 1231 110 to discuss this further or obtain the contact details for your local alcohol service.**

ALCOHOL UNIT/CALORIE CALCULATOR



HAVE SEVERAL **DRINK-FREE**
DAYS A WEEK

DO NOT REGULARLY EXCEED 14 UNITS A WEEK

ONE YOU

HAVE A
WORD