

ALCOHOL

KNOW THE NUMBERS

NO MORE THAN  **14** **UNITS PER WEEK**
FOR ADULTS OVER 18



3 UNITS =

1 PINT OF
BEER/LAGER
(1X 568ML, 5.4%)



3 UNITS =

1 GLASS OF WINE
(1X 250ML, 12%)



3 UNITS =

2 GLASSES
OF PROSECCO
(2X 125ML, 12%)



3 UNITS =

3 SPIRITS
(3X 25ML, 40%)



3 UNITS =

1 PINT OF CIDER
(1X 568ML, 5.4%)



3 UNITS =

1 COCKTAIL
(AVERAGE, 40%)

3

SPREAD OUT OVER **THREE DAYS OR MORE**

2

AT LEAST **TWO ALCOHOL FREE DAYS** PER WEEK

Find out more:

www.nhsggc.org.uk/alcoholnumbers

**Always check the label for the exact units.*