

What's in your glass?

Many people think one glass = one unit of alcohol. But that's not the case!

One unit is actually about 10ml of pure alcohol. The number of units also depends on the bottle or glass size and the strength of the alcohol.

Wine

Small glass of wine
(red, white or rosé)
125ml, ABV 12%

1.5 units



Standard glass
of wine
(red, white or rosé)
175ml, ABV 12%

2.1 units



Large glass of
wine
(red, white or rosé)
250ml, ABV 12%

3 units



Lager, beer or cider

Bottle of lager,
beer or cider
330ml, ABV 5%

1.7 units



Can of lager, beer
or cider
440ml, ABV 5.5%

2.4 units



Pint of lower-
strength lager,
beer or cider
473ml, ABV 3.6%

2 units



Pint of higher-
strength lager,
beer or cider
473 ml, ABV 5.2%

3 units



Other drinks

Single small shot
of spirits
25ml, ABV 40%

1 units



Single large shot
of spirits
Single large shot of
spirits

1.4 units



Alcopop
275ml, ABV 5.5%

1.5 units



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