

# DRINKS AND UNITS

## 1 standard drink / 1 unit of alcohol (8g)



A small bottle (275ml)  
of lower strength  
4% abv alcopop



A half pint  
of lower strength  
4% abv lager, beer/cider



A single measure  
of 40% abv spirit

## 2 units



A standard glass (175ml)  
of lower strength  
12% abv wine



A 440ml can of  
medium strength  
4.5% abv lager, beer/cider



A double  
measure of  
40% abv spirit

## 3 units



A pint of  
medium strength  
5% abv lager, beer/cider



A large glass (250ml)  
of lower strength  
12% abv wine



A large bottle (700ml)  
of higher strength  
5.5% abv alcopop



A 500ml can  
of higher strength  
7.5% abv lager, beer/ cider



A cocktail with 3  
measures of  
40% abv spirit

## 10 units



A 750ml bottle  
of medium strength  
13% abv wine

## 15 units



A 2 litre bottle  
of higher strength  
7.5% abv cider

## 28 units



A 70cl bottle  
of 40% abv  
whisky

## 40 units



A 1 litre bottle  
of 40% abv  
vodka

*The UK Chief Medical Officers (CMO) recommend that an alcohol-free childhood is the healthiest and best option. If children drink alcohol underage, it should not be until at least the age of 15 years.*

*If 15 to 17 year-olds do consume alcohol, they should limit it to no more than one day a week.*

*Young people aged 15 to 17 years should never exceed the CMO guidance of 14 units a week, spread over the week with alcohol free days .*

### MSASQ -

For males: How often do you have 8 units or more on one occasion?

For females: How often do you have 6 units or more on one occasion?

Never

Less than Monthly

Monthly

Weekly

Daily or almost  
daily