

How to calculate a Unit

Men  3-4 units daily limit

Women  2-3 units daily limit



A-Team
Alcohol Services

DrinksDiary
Keeping you on track...

One standard drink



Half a pint of regular beer



1 Small glass of wine



1 Small glass of sherry



1 Single measure of spirits



1 Single measure of aperitifs

Let's do the maths...

Below is a simple calculation to illustrate how to convert alcohol strength and amount to units.

$$\text{Alcohol Strength (ABV)} \times \text{Volume (ml)} \div 1000 = \text{UNITS}$$

Example

$$5.2 \text{ (ABV)} \times 568 \text{ (ml)} \div 1000 = 2.95 \text{ UNITS}$$

A standard pint

Need to contact us...?

Tel 0121 475 8885 Mobile / Text 07500 849 453 Email alcohol@rapt.org.uk

The A-Team Birmingham's Primary Care Alcohol and Lifestyle Service, Nacro, 113 Griffins Brook Lane, Bournville, Birmingham, B30 1QN

* Please bring this with you when visiting your alcohol advisor



