

Every Unit Counts!

Alcohol units...National guidelines

Men & women are advised not to regularly drink more than 14 units a week.

Alcohol units



Strong pint of beer or cider (568ml)



Medium glass of wine (175ml)



Bottle of alcopop (275ml)



1 single measure of spirits



Bottle of wine (750ml)

NHS advice on drinking recommends you are safest not to drink regularly more than 14 units per week. This is to keep health risks from drinking alcohol to a low level.

If you are regularly drinking above 14 units per week and would like help to cut down or stop drinking contact you GP or call Aspire for a confidential chat on

01302 730956.

Or visit our website at:

www.aspire.community