

# Drinks of Britain

Units. They all add up.



PINT CIDER: ABV 5.3%  
**3 UNITS**



RED WINE (125ML): ABV 12.5%  
**1.6 UNITS**



SAMBUCA SHOT: ABV 42%  
**1 UNIT**



BOTTLE LAGER: ABV 5.2%  
**1.7 UNITS**



ALCOPOP: ABV 5%  
**1.4 UNITS**



HALF PINT CIDER: ABV 5.3%  
**1.5 UNITS**



SINGLE GIN & TONIC: ABV 40%  
**1 UNIT**



DOUBLE COGNAC: ABV 40%  
**2 UNITS**



CHAMPAGNE (175ml): ABV 11.5%  
**2 UNITS**



DOUBLE WHISKY & COKE: ABV 40%  
**2 UNITS**



HALF PINT LAGER: ABV 5.2%  
**1.5 UNITS**



COSMOPOLITAN COCKTAIL  
**2 UNITS**



PINT BITTER: ABV 5%  
**2.8 UNITS**



ALCOPOP: ABV 5%  
**1.4 UNITS**



PIMMS: ABV 25%  
**1.3 UNITS**



DOUBLE WHISKY: ABV 40%  
**2 UNITS**



WHITE WINE (175ml): ABV 13%  
**2.3 UNITS**



PINT LAGER: ABV 5.2%  
**3 UNITS**



BOTTLE OF WINE: ABV 13.5%  
**10 UNITS**

**ALCOHOL  
KNOW YOUR  
LIMITS**

SHOULD NOT  
REGULARLY EXCEED

MEN	WOMEN
<b>3-4</b>	<b>2-3</b>
UNITS DAILY	UNITS DAILY