

how many units of alcohol in your drink?

1 unit alcohol = 1 standard drink

drink		amount	units of alcohol
beers and lagers	ordinary strength beer or lager	1/2 pint	1 unit
		1 pint	2 units
		1 can	1 1/2 units
	export beer	1 pint	2 1/2 units
		1 can	2 units
	strong ale or lager	1/2 pint	2 units
		1 pint	4 units
		1 can	3 units
	extra strength beer or lager	1/2 pint	2 1/2 units
		1 pint	5 units
		1 can	4 units
	ciders	average cider	1/2 pint
1 pint			3 units
quart bottle			6 units
strong cider		1/2 pint	2 units
		1 pint	4 units
		quart bottle	8 units
table wine	including cider wine and barley wine	1 standard glass	1 unit
		1 bottle	7 units
		1 litre bottle	10 units
sherry and fortified wine		1 standard small measure	1 unit
		1 bottle	13 units
spirits	all standard spirits	1 standard single measure	1 1/2 units
		1 bottle	30 units
	1 bottle	13 units	