

Try jotting down what you drank over the last week (or use a web-based tool my.drinkaware.co.uk). Then, see if you're drinking over the lower-risk guidelines.

Step 1

For each day, **jot down all the alcoholic drinks you consume**, including the type of drink, the alcoholic strength % abv, the glass or container size, and how many.

Step 2

Write down how many units are in each drink, using the **Drinks and Units** table to the right, or using an online drink calculator at www.drinkaware.co.uk

Step 3

Add up the total number of units for each day and write it down in the last column (the online drink calculator will add up the number of units for you).

Step 4

Once you have completed the diary for the week, add up the total for all of the days, then take a look at the totals. If you are regularly exceeding the recommended daily guidelines (3-4 units for men and 2-3 units for women), you should consider cutting back.

Text DRINK to 87085 for a free and confidential self-help guide or telephone Drinkline on 0800 917 8282 to speak to an advisor.

Drinks and Units

Beer, Lager, Cider				
Strength: % abv ("percent of alcohol by volume")	Bottle (330ml)	Can (440ml)	Pint (568ml)	Litre
2% ("Low Alcohol")	0.7 units	0.9 units	1.1 units	2 units
4%	1.3 units	1.8 units	2.3 units	4 units
5%	1.7 units	2.2 units	2.8 units	5 units
6%	2 units	2.6 units	3.4 units	6 units
9% ("Super Strength")	3 units	4 units	5.1 units	9 units
Alcops				
Strength: % abv ("percent of alcohol by volume")	Bottle (275ml)			
5%	1.4 units			
Wine & Champagne (red, white, rosé, or sparkling)				
Strength: % abv ("percent of alcohol by volume")	Small Glass (125ml)	Standard Glass (175ml)	Large Glass (250ml)	Bottle (750ml)
10%	1.3 units	1.8 units	2.5 units	7.5 units
11%	1.4 units	1.9 units	2.8 units	8.3 units
12%	1.5 units	2.1 units	3 units	9 units
13%	1.6 units	2.3 units	3.3 units	9.8 units
14%	1.8 units	2.5 units	3.5 units	10.5 units
Fortified Wine (sherry & port)				
Strength: % abv ("percent of alcohol by volume")	Standard Measure (50ml)			
17.5% - 20%	0.9 - 1 units			
Spirits – Shots & Doubles (gin, rum, vodka, whisky, tequila, sambuca)				
Strength: % abv ("percent of alcohol by volume")	Small Measure (25ml)	Large Measure (35ml)	Small Double Measure (50ml)	Large Double Measure (70ml)
38 - 40%	1 unit	1.3 - 1.4 units	1.9 - 2 units	2.7 - 2.8 units

Day	Type of drink	Alcoholic strength % abv	Container size	Number of drinks	Units	Total units for the day
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
						Total units for the week

***In pregnancy or when trying to conceive,
no alcohol = no risk.***

Visit www.start4life.com for more information

Text DRINK to 87085 for a free self-help guide (standard network rates apply)