

These are standard drinks and the units they contain:



4% ABV
A pint of
regular beer,
lager or cider



5.3% ABV
A pint of
premium beer,
lager or cider



4.7% ABV
440ml can of
premium lager
or strong beer



9% ABV
440ml can of
super strength
lager



4.7% ABV
Alcopop



38-40% ABV
One 700ml
bottle of
spirits



38-40% ABV
One single
measure of
spirits (25ml)



12% ABV
175ml glass of wine



12% ABV
Bottle of
wine