How many units are in your drink?

- **1 unit** = 10ml of 100% pure alcohol; Two 5ml teaspoons

- **Just under 10 units**
  - **Wine**
  - One bottle of wine (13%)

- **2 units**
  - **A pint**
  - Ordinary strength (3-4%) lager, cider or bitter

- **3 units**
  - **Pint of premium**
  - Premium strength (5-5.5%) lager, cider or bitter

- **Just under 3.5 units**
  - **Large wine**
  - A 250ml glass of wine (13%)

- **Just under 3 units**
  - **Large double**
  - Two 35ml measure of spirits (40%)

- **Just under 2.5 units**
  - **Small wine**
  - A 175ml glass of wine (13%)

- **1.5 units**
  - **Alcopop**
  - A 275ml bottle of alcopop (5%)

- **1 unit**
  - **Small single**
  - A 25ml measure of spirits (40%)