

| | Quantity | Alcohol Units | Weekly Consumption | Weekly Units |
|--|----------------------------|----------------------|---------------------------|---------------------|
| Normal Strength Beer, Lager Cider | <i>Half pint</i> | 1 | | |
| | <i>Pint</i> | 2 | | |
| | <i>Small can/bottle</i> | 1.5 | | |
| | <i>Large can/bottle</i> | 2 | | |
| Strong beer, lager, cider > 6% | <i>Half pint</i> | 2 | | |
| | <i>Pint</i> | 4 | | |
| | <i>Small can/bottle</i> | 2 | | |
| | <i>Large can/bottle</i> | 3 | | |
| Wine | <i>Small (125ml) glass</i> | 1.5 | | |
| | <i>Large (250ml) glass</i> | 3 | | |
| | <i>Bottle</i> | 9 | | |
| Fortified wine | <i>Small glass</i> | 1 | | |
| | <i>Bottle</i> | 13 | | |
| Spirits | <i>Single measure</i> | 1 | | |
| | <i>Double</i> | 2 | | |
| | <i>Bottle</i> | 30 | | |
| Alcopops | <i>Bottle</i> | 1.5 | | |

Recommended weekly maximum

Men = 28 units

Women = 21 units

TOTAL