**Using a Drink Diary**

* Fill this in every day with how many alcoholic drinks you have had (make a note of the type of drink, the glass/container size and the strength of the alcohol)
* Work out the units (use the table below or an online calculator - [www.nhs.uk/units](http://www.nhs.uk/units)) and write the total units for each day in the last column
* When you’ve finished – have a look at the totals. If you regularly drink more than the recommended daily guidelines of 3-4 units for men and 2-3 for women, you should consider cutting back.

**Drinks and Units**

| **Beer, Lager, Cider** | **Bottle (330ml)** | **Can (440ml)** | **Pint (568ml)** | **Litre** |
| --- | --- | --- | --- | --- |
| 2% (Low Alcohol) | 0.7 units | 0.39 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 |

| **Alcopops** | **1 bottle (275ml)** |
| --- | --- |
| 5% | 1.4 units |

| **Wine & Champagne (red, white, rosé or sparkling)** | **Small glass (125ml)** | **Standard glass (175ml)** | **large glass (250ml)** | **Bottle (750ml)** |
| --- | --- | --- | --- | --- |
| 6% | 0.8 units | 1 unit | 1.5 units | 4.5 units |
| 7% | 0.9 units | 1.2 units | 1.8 units | 5.5 units |
| 10% | 1..25 units | 1.75 units | 2.5 units | 7.5 units |
| 11% | 1.4 units | 1.9 units | 2.6 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 |

| **Fortified wine (sherry & port)** | **Standard measure** |
| --- | --- |
| 17.5% - 20% | 0.9 - 1 unit |

| **Spirits, shots (gin, rum, vodka, whisky, tequila, sambuca)** | **Small measure** | **Large measure** | **Spirits, small double measure (50ml)** | **Spirits, large double measure (70ml)** |
| --- | --- | --- | --- | --- |
| 38-40% | 1 unit | 1.3-1.4 units | 1.9-2 units | 2.7-2.8 units |

For more information on the health impacts of alcohol and for tips of how to drink less, go to [www.nhs.uk/units](http://www.nhs.uk/units).