

KNOW YOUR ALCOHOL LIMITS

HEART
MATTERS



Because of the risks to health:

- men should not regularly* drink more than 3-4 units a day
- women should not regularly* drink more than 2-3 units a day

*Regularly refers to drinking most or all days of the week at these levels.

Use the chart below to help you work out how many units are in a drink. Look up your drink, choose a strength and volume then see how many units this comes to.



Type of drink If you drink...	Strength with this much alcohol by volume...	Measure one...	Unit equals this many units...
Beer, lager, cider	Low alcohol 2%	Bottle (330ml)	0.7
		Can (440ml)	0.9
		Pint (568ml)	1.1
		Litre	2
	4%	Bottle (330ml)	1.3
		Can (440ml)	1.8
		Pint (568ml)	2.3
		Litre	4
	5%	Bottle (330ml)	1.7
		Can (440ml)	2.2
		Pint (568ml)	2.8
		Litre	5
	6%	Bottle (330ml)	2
		Can (440ml)	2.6
		Pint (568ml)	3.4
		Litre	6
	Super strength 9%	Bottle (330ml)	3
		Can (440ml)	4
		Pint (568ml)	5.1
		Litre	9
Wine, champagne, sparkling wine	10%	small glass (125ml)	1.25
		standard glass (175ml)	1.75
		large glass (250ml)	2.5
		bottle (750ml)	7.5
	11%	small glass (125ml)	1.4
		standard glass (175ml)	1.9
		large glass (250ml)	2.8
		bottle (750ml)	8.3
	12%	small glass (125ml)	1.5
		standard glass (175ml)	2.1
		large glass (250ml)	3
		bottle (750ml)	9
	13%	small glass (125ml)	1.6
		standard glass (175ml)	2.3
		large glass (250ml)	3.3
		bottle (750ml)	9.8
	14%	small glass (125ml)	1.75
		standard glass (175ml)	2.5
		large glass (250ml)	3.5
		bottle (750ml)	10.5
Shots	Tequila, Sambuca	small shot (25ml)	1
		large shot (35ml)	1.3
Alcopops	Normal (5%)	bottle (275ml)	1.4
Fortified wine	Sherry, port	standard (50ml)	1
Spirits	Gin, rum, vodka, whisky	small (25ml)	1
		large single (35ml)	1.4
		double (50ml)	2
		large double (70ml)	2.8

Learn more about alcohol and its effects on your heart health at bhf.org.uk/heartmatters