

Understanding alcohol units

Information and guidance

 <p>Single Gin & tonic ABV 40% 1 UNIT 120 calories</p>	 <p>Sambuca shot ABV 42% 1 UNIT 123 calories</p>	 <p>Pimms ABV 25% 1.3 UNITS 156 calories</p>	 <p>Alcopop ABV 5% 1.4 UNITS 160 calories</p>
 <p>Red wine (125ml) ABV 12.5% 1.6 UNITS 85 calories</p>	 <p>Bottle of lager ABV 5.2% 1.7 UNITS 145 calories</p>	 <p>Double whisky ABV 40% 2 UNITS 128 calories</p>	 <p>Double whisky + coke ABV 40% 2 UNITS 129 calories</p>
 <p>Mojito ABV 40% 2 UNITS 150 calories</p>	 <p>Champagne ABV 11.5% 2 UNITS 133 calories</p>	 <p>Cosmopolitan ABV 12.5% 2 UNITS 151 calories</p>	 <p>White wine (175ml) ABV 12.5% 2.3 UNITS 244 calories</p>
 <p>Pint of bitter ABV 5% 2.8 UNITS 288 calories</p>	 <p>Pint of lager ABV 5.2% 3 UNITS 244 calories</p>	 <p>Pint of cider ABV 5.3% 3 UNITS 194 calories</p>	 <p>Bottle of wine ABV 13.5% 10 UNITS 510 calories</p>



Alcohol and pregnancy

No alcohol, no risk.

The Chief Medical Officers' guideline states that:

- If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.
- Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.

The Chief Medical Officers' guideline for both men and women (who are not planning a pregnancy) is that:

- You are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level.
- If you do drink as much as 14 units per week, it is best to spread this evenly over 3 days or more.

