

Unit calculator

Each of these is one unit....

(to nearest half unit)



Half a pint of regular
beer, lager or cider
(284ml; 3.8%ABV)



Alcopop
(275ml; 4%ABV)

Half a glass of wine
(87.5ml; 12%ABV)



1 single measure of spirits
(25ml; 40%ABV)

1 small glass of sherry
(50ml; 17.5%ABV)



And each of these is more....

	Quantity	ABV	Units
Beer, lager, cider			
A pint of regular beer or lager	568ml	3.8%	2
A pint of 'premium' beer, lager or cider	568ml	5%	3
Can of regular beer or lager	440ml	3.8%	1.5
Can of 'premium' beer, lager or cider	440ml	4.8%	2
Can of super strength lager	440ml	9%	4
Bottle of 'premium' lager	330ml	4.6%	1.5
Bottle of 'strong' cider	500ml	7%	3.5
Wines			
Large glass of wine	250ml	12%	3
Glass of wine	175ml	12%	2
Small glass of wine	125ml	12%	1.5
Glass of champagne or cava	175ml	11.5%	2
Bottle of wine	75cl	12%	9
Spirits			
Bottle of spirits	70cl	37.5%	26.5
Bottle of spirits	1 litre	40%	40

Here's the maths...

$$\frac{\text{ml} \times \text{ABV}}{1000} = \text{units}$$

For example...

$$\frac{750\text{ml bottle of wine} \times 12\% \text{ ABV}}{1000}$$

$$= 9 \text{ units}$$

Remember:

Look at the label for information about units.

No. of units (to nearest half unit)