

How many units in your drink?

**ALCOHOL
FOCUS
SCOTLAND**



A pint of average
strength beer contains
about 2 units



A 125ml glass of wine
contains about 2 units



A double measure of
spirits contains about
2 units

It's recommended that you don't regularly drink more than 14 units of alcohol a week, spread out over at least 3 days, to keep the risks from alcohol low. This is the same for both men and women.

Find out more about the low risk drinking guidelines by visiting alcohol-focus-scotland.org.uk

**Worried about your own or someone else's drinking?
Drinkline can provide advice: 0800 731 4314
Mon-Fri, 9am to 9pm
Sat-Sun, 10am to 4pm**

