What is a unit of ALCOHOL?

- **Bottle of spirits; whisky, vodka, gin, rum etc.**
  - 28 units
  - 40% ABV
  - 1,540 calories

- **Standard bottle of premium strength lager/beer.**
  - 1.7 units
  - 5% ABV
  - 148 calories

- **Single (pub) measure of spirits; whisky, vodka, gin, rum etc.**
  - 28 units
  - 40% ABV
  - 25ml

- **Pint of lager, beer, ale or cider.**
  - 2.3 units
  - 5% ABV
  - 200 calories

- **Champagne or sparkling wine.**
  - 1.5 units
  - 12% ABV
  - 125ml

- **Bottle of average strength wine.**
  - 10.1 units
  - 13.5% ABV
  - 750ml

- **Large glass of wine.**
  - 3.2 units
  - 13% ABV
  - 250ml

- **Bottle of fruit cider.**
  - 2 units
  - 4% ABV
  - 500ml

- **Bottle of alcopop.**
  - 1.4 units
  - 5% ABV
  - 275ml

The exact calorie content will vary depending on the brand chosen. The information contained in this poster is to be used as a guide.