

# What is a unit of ALCOHOL?

**28 units**

Bottle of spirits; whisky, vodka, gin, rum etc.

**1,540 calories**

700ml

**1 unit**

**55 calories**

25ml

Single (pub) measure of spirits; whisky, vodka, gin, rum etc.

**1.7 units**

Standard bottle of premium strength lager/beer.

**148 calories**

5% ABV

330ml

**2.3 units**

**200 calories**

4% ABV

Pint of lager, beer or ale.

**2.8 units**

**227 calories**

5% ABV

Pint of lager, beer, ale or cider.

**1.5 units**

**89 calories**

12% ABV

Champagne or sparkling wine.

125ml

**3.2 units**

**238 calories**

13% ABV

250ml

Large glass of wine.

**2.4 units**

**166 calories**

13.5% ABV

175ml

Standard glass of wine.

**10.1 units**

**712 calories**

13.5% ABV

750ml

Bottle of average strength wine.

**1.4 units**

**201 calories**

5% ABV

275ml

Bottle of alcopop.

**2 units**

**275 calories**

4% ABV

500ml

Bottle of fruit cider.

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