

Too Much Alcohol? Do You Know Your Alcohol Units?



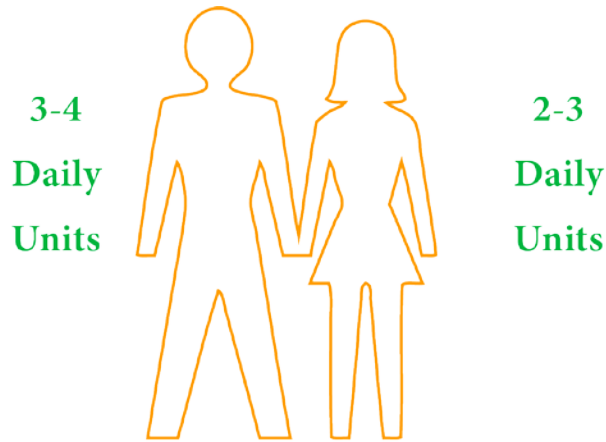
Safe Drinking Guidelines

3-4
Daily
Units



2-3
Daily
Units

Weekend Party Anyone?



You can't carry them over, having 6-8 units tomorrow because you didn't have any today, it doesn't work like that. So, if you were thinking of saving a stockpile for the weekend...forget it!

That's called **Binge Drinking!**

Alcohol By Volume (ABV)

Expressed as % of total volume

ABV = Worldwide Standard

Typical Ranges:

Beer = 3 – 7 %

Wine = 8 – 15 %

Liqueurs = 15 – 55%

Most Spirits* = 40%

*spirits = US liquor



Alcohol Proof

$$\text{Proof} = \text{Alcohol by Volume} \times 2$$



Draught Guinness

1 Pint

2.3 Units

210 Calories

4.1% ABV



Spitfire Ale (cask)

1 Pint

2.4 Units

204 Calories

4.2% ABV



San Miguel Lager

1 Pint

2.8 Units

256 Calories

5.0% ABV



Carlsberg Special Brew

500 ml

4.5 Units

370 Calories

9.0% ABV



Campo Viejo Rioja

750 ml bottle

9.8 Units

510 Calories

13.0% ABV



Blossom Hill Californian White

750 ml bottle

9.0 Units

555 Calories

12.0% ABV



Harvey's Bristol Cream

750 ml bottle

13.1 Units

1155 Calories

17.5% ABV



Teachers Highland Cream

70 ml double

2.8 Units

155 Calories

40% ABV



Drink	ABV (typical)
Natural Fruit Juice	less than 0.1%
Low-alcohol beer	0.0%–1.2%
Kvass	0.05%–1.5%
Kombucha	0.5%–1.5%
Kefir	0.5%–2.0%
Boza	1%
Chicha	1%–11%
Cider	2%–8.5%
Beer	2%–12%
Alcopops	4%–17.5%
Malt liquor	5%+
Makgeolli	6.5%–7%
Barley wine	8%–15%
Mead	8%–16%
Wine	9%–16%
Dessert wine	14%–25%
Sake	15%
Liqueurs	15%–55%
Fortified wine	15.5%–20%
Soju	17%–45%
Shochu	25%–45%
Bitters	28%–45%

Drink	ABV (typical)
Mezcal, Tequila	32%–60%
Vodka	35%–50%
Brandy	35%–60%
Rum	37.5%–80%
Ouzo	37.5%+
Cachaça	38%–54%
Sotol	38%–60%
Stroh	38%–80%
Nalewka	40%–45%
Gin	40%–50%
Whisky	40%–55%
Baijiu	40%–60%
Chacha	40%–70%
Pálinka	42%–86%
Rakia	42%–86%
Absinthe	45%–89.9%
Ţuica	45%–60%
Poitín	60%–95%
Grain Spirit	85%–95%
Cocoroco	93%–96%
Rectified spirit	95%–96%
Absolute alcohol	99%+



Unit Calculation & Formulae

The (UK) Units of alcohol can be determined by multiplying the drink volume (ml) by the %ABV, then divide the lot by 1000.

So, lets take the average pint:

$$\frac{568 \text{ ml} \times 4}{1000} = 2.3 \text{ Units}$$



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www.alcoholmastery.com

