



How much are you drinking? Use this handy drink diary to find out.

It can be easy to lose track of how much alcohol you drink. Regularly drinking more than 3-4 units of alcohol a day if you are a man or 2-3 units a day if you are a woman increases the risk of long-term health harm, such as stroke, heart disease, mouth cancer, liver cancer and breast cancer. Alcohol also affects your ability to exercise. Use this handy drink diary to record how many units you drink in a week by following these four easy steps:

1. For each day write down all the alcoholic drinks you consume including the type of drink, the glass or container size and the alcoholic strength in the table on the left.
2. Write down how many units are in each drink using the 'drinks and units' table below or the online drink calculator at www.nhs.uk/units.
3. Add up the total number of units for each day and write it down in the last column. The online drink calculator will add up the number of units for you.
4. Once you have completed the table for each day take a look at the totals. **If you are regularly exceeding the recommended daily guidelines of 3-4 units for men and 2-3 units for women, you should consider cutting back.** For more information on the health impacts of alcohol and for tips of how to drink less, log on to www.nhs.uk/units. If you are concerned about how much alcohol you are drinking you can use the DrinkCheck test at www.nhs.uk/drinkcheck, phone Drinkline on 0800 876 6778 or see your GP.

Drinks and units

Beer, Lager & Cider	Bottle (330ml)	Can (440ml)	Pint (568ml)	Litre
2% ('Low Alcohol')	0.7 units	0.9 units	1.1 units	2 units
4%	1.3 units	1.8 units	2.3 units	4 units
5%	1.7 units	2.2 units	2.8 units	5 units
6%	2 units	2.6 units	3.4 units	6 units
9% ('Super-Strength')	3 units	4 units	5.1 units	9 units
Alcopops	1 bottle (275ml)			
5%	1.4 units			
Wine & Champagne (red, white, rose or sparkling)	Small glass (125ml)	Standard glass (175ml)	Large glass (250ml)	Bottle (750ml)
10%	1.25 units	1.75 units	2.5 units	7.5 units
11%	1.4 units	1.9 units	2.8 units	8.3 units
12%	1.5 units	2.1 units	3 units	9 units
13%	1.6 units	2.3 units	3.3 units	9.8 units
14%	1.75 units	2.5 units	3.5 units	10.5 units
Fortified wine (Sherry & port)	Standard measure (50ml)			
17.5 – 20%	0.9 – 1 unit			
Spirits, shots (gin, rum, vodka, whisky, tequila, sambuca)	Small measure (25ml)	Large measure (35ml)	Spirits, small double measure (50ml)	Spirits, large double measure (70ml)
38 – 40%	1 unit	1.3 – 1.4 units	1.9 – 2 units	2.7 – 2.8 units

Day	Type of drink	Alcoholic strength (ABV)	Glass/ container size (see chart)	Number of drinks	Units	Total units for day
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Units. They all add up.