

# New Government Alcohol Guidelines

## What's changing?

### Drinkaware explains

#### What is an alcohol unit?

One unit is 10ml or 8g of pure alcohol. Because alcoholic drinks come in different strengths and sizes, units are a way to tell how strong your drink is.

It takes an average adult around an hour to process one unit of alcohol so that there's none left in their bloodstream, although this varies from person to person.



**Unit guidelines** are now the **SAME** for **men & women**. **BOTH** are advised **not to regularly drink more than 14 units a week**

This is what 14 units looks like:



6 pints of 4% beer

6 glasses of  
13% wine



175ml glasses

25ml  
glasses



14 glasses of  
40% spirits

## What does 1 unit of alcohol look like?



You shouldn't  
regularly exceed



**14**  
UNITS  
per week

drinkaware

The **size** and **strength** of your drink

**determines the number of units you're drinking**

**11%**  
ABV wine



**1.4** UNITS



**1.9** UNITS



**2.8** UNITS

**14%**  
ABV wine



**1.8** UNITS



**2.4** UNITS



**3.5** UNITS