

Alcohol units



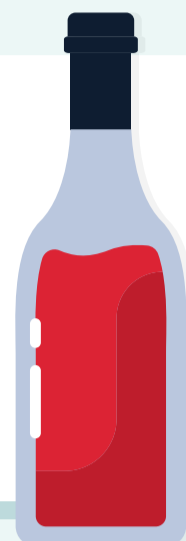
2.3 Units

Standard
glass of wine
175ml 13%



3.3 Units

Large glass of
wine
250ml 13%



10 Units

Bottle of wine
13.5%



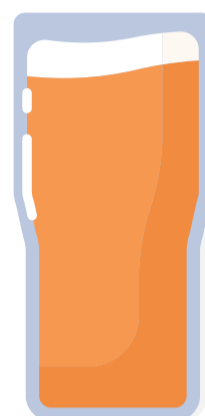
1.9 Units

Can of lager
400ml 3.8%



2.3 Units

Pint of lager
250ml 4%



3 Units

Pint of strong
lager/beer
5.2%



1 Unit

Single spirit
25ml 40%



1 Unit

Glass of
fortified wine
50ml 20%



1.4 Units

Alcopop
275ml 5%

Want to make changes to your alcohol use?

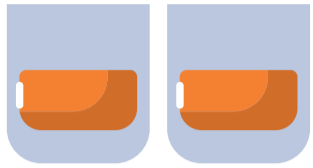


Speak to your GP or access free and confidential support from
Somerset Drug & Alcohol Service (SDAS) **0300 303 8788**



**Somerset
Council**

Alcohol calories



172 Calories

Double spirit and mixer = 2 Milk Chocolate biscuits
To burn those calories you would need to walk briskly for 36 minutes.



222 Calories

2 Glasses of champagne = 2 Scoops of ice cream
To burn those calories you would need to walk briskly for 46 minutes.



250 Calories

1 Pint of beer = 6 Chicken nuggets
To burn these calories you would need to walk briskly for 53 minutes.



350 Calories

2 Large glasses of wine = Hamburger and soft drink
To burn these calories you would need to walk briskly for an hour and 14 minutes.



How many calories do you drink?

Calories from alcohol are '**empty calories**', they have no nutritional value. Different alcoholic drinks have different amounts of calories in them and many are high in sugar. **It is not recommended to skip meals, to reduce calorie intake or save money when drinking alcohol.**



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