

Knowing your limits

The fifth annual Drinkwise Day – the focus of the year-round Drinkwise campaign – takes place on June 8. It aims to raise public awareness about responsible drinking and encourage healthy choices. Hardened boozers need not fear however – it is not about cutting out alcohol entirely for the day


What is a unit of alcohol?



Half pint of ordinary strength beer, lager or cider



Small glass of wine



Single measure of spirits

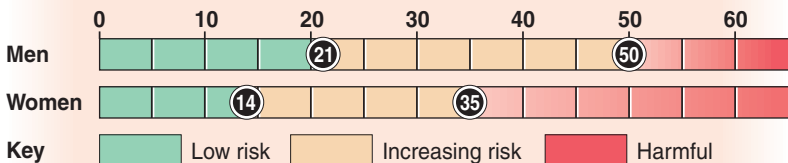


Small glass of sherry



Single measure of aperitif

How many units a week?



What is low alcohol?

Under 1984 regulations, labels and advertisements of 'low alcohol' drinks must contain an indication of maximum alcoholic strength. There are three ABV (alcohol by volume) categories



Low alcohol:
Alcoholic strength must not exceed 1.2% ABV



Dealcoholised:
Alcohol must be extracted. ABV no more than 0.5%



Alcohol free:
Alcohol must be extracted. ABV no more than 0.05%

How much do we drink?



The average adult in the UK drinks around 240 pints of beer or lager, 20 bottles of wine, 10 pints of cider and 5 litres of spirits each year



It takes the body one hour to burn up each unit of alcohol



Black coffee and cold showers do not reduce effects of drunkenness



More than 90% of women and 78% of men drink within recommended limits but those aged under 30 years are likely to drink more