

## THE EASY UNIT CALCULATOR.

You don't need to perform algebra at the bar. Use our easy unit calculator to find out what you're drinking and make an informed choice when you're choosing your tipples.

If you were drinking...	Strength ABV%	Measure	Units (Measure)		
			x1	x2	x3
Lager, Beer & Cider	Low 2%	Bottle (330ml)	0.7	1.4	2.1
		Pint (568ml)	1.1	2.2	3.3
	4%	Bottle (330ml)	1.3	2.6	3.9
		Pint (568ml)	2.3	4.6	6.9
	5%	Bottle (330ml)	1.7	3.4	5.1
		Pint (568ml)	2.8	5.6	8.4
6%	Bottle (330ml)	2.0	4.0	6.0	
	Pint (568ml)	3.4	6.8	10.2	
Champagne, Wine & Sparkling Wine	12%	Std Glass (175ml)	2.1	4.2	6.3
		Lrg Glass (250ml)	3.0	6.0	9 = 1 bottle
	13%	Std Glass (175ml)	2.3	4.6	6.9
		Lrg Glass (250ml)	3.3	6.6	9.9 = 1 bottle
	14%	Std Glass (175ml)	2.5	5.0	7.5
		Lrg Glass (250ml)	3.5	7.1	10.5 = 1 bottle
Alcopops	Ave. 5%	Bottle (275ml)	1.4	2.8	4.2
Spirits & Shots	c. 40%	Single (25ml)	1.0	2.0	3.0
		Lrg Single (35ml)	1.4	2.8	4.2
		Double (50ml)	2.0	4.0	6.0

## How many units in your drink?

Here's a rough rule of thumb for keeping track of how many units you've drunk. If you want to keep a more exact tally, see our Easy Unit Calculator inside.



Pint of beer = **2 units**  
A half pint = **1 unit**

250ml glass of wine = **3 units**  
175ml glass of wine = **2 units**  
125ml glass of wine = **1.5 units**



Double spirit = **2 units**  
Single spirit = **1 unit**

330ml bottled beer = **2 units**



[drinkaware.co.uk](http://drinkaware.co.uk)  
for the facts

Unit measures based on the following typical servings: half/pint 4% ABV beer, 330ml bottle 5% ABV beer, 125/175/250ml glass 12% ABV wine, 25ml single/50ml double 40% ABV spirit (rounded to the nearest unit). The UK Chief Medical Officers recommend: women should not regularly drink more than 2-3 units a day; and men should not regularly drink more than 3-4 units a day.



## A GUIDE TO SMARTER DRINKING



# 3 SMART TIPS

## 1. PACE YOUR DRINKS.

**When you take your time with an alcoholic drink, you can fully appreciate the depth of flavour.**

Even so, some hide their strength well, so it's important to pay attention to the ABV of your chosen tippie. Alter your drinking speed accordingly – the stronger the drink, the slower the pace. There's no need to rush things just to keep up with a round. It's much better to opt out or have a soft drink than waste a good beer.

## 2. EAT WHEN YOU'RE DRINKING.

**When you go out for a social drink, particularly with colleagues after work, it can be all too easy to drink on an empty stomach.**

You can have a more sociable evening by sharing a snack or meal together, either before you go out or whilst you drink. What's more, eating slows the onset of the alcohol, helping you to make the most of the evening. All Fuller's pubs serve food, so if you need a little something, have a look at our menu.

## 3. HAVE A SOFT DRINK TOO.

**The best way to avoid the side effects of alcohol is staying within recommended limits (see our easy unit calculator).**

Make it easier on yourself by alternating between alcoholic and non-alcoholic beverages, especially water. Our pubs serve a carefully selected range of soft drinks, offering a host of refreshing alternatives to that next alcoholic drink. There's also the option of low and no alcohol beers, which can help you pace your drinking whilst still enjoying a beer.



## HOW MUCH, HOW OFTEN?

**After the excess of the Christmas period, some people choose to go alcohol free for January.**

This can be helpful, but it's much healthier to avoid the cycle of 'binge and detox' altogether. It's strongly recommended that throughout the year you take at least two alcohol free days a week. To maintain a healthier lifestyle you need to stick within the limits of 2-3 units a day for a woman, or 3-4 units a day for a man.

## ABV.

**The strength of beer can be measured in Alcohol By Volume, commonly abbreviated to ABV.**

When purchasing an alcoholic drink, you'll find the ABV percentage at the bar or on the container. You can use this information to calculate the units in a drink with the formula below. The example on the right is based on a 4.1% ABV beer.



$$\frac{\text{Number of millilitres} \times \text{ABV}\%}{1000} = \text{Units}$$

## LOW AND NO ALCOHOL BEERS.

**Low alcohol beers contain up to 1.2% ABV, whereas non-alcoholic beers are limited to 0.05% ABV.**

To achieve a full-bodied flavour without the alcohol, brewers have developed three main methods of producing these beers.

- Mashing at higher temperatures or removing the yeast during fermentation to limit the production of alcohol whilst retaining body and character.
- Brewing as normal, before filtering out the alcohol.
- Removing the alcohol through vacuum distillation to avoid damaging the flavour.

Look out for low and no alcohol beers in your local. Many people find them a good way to enjoy a refreshing drink without the intoxication.

