





# Unit/Calorie Calculator

Number of servings

1 2 3 4



Beer  Spirits  Shots  Alcopops  Cider  Wine





## Low risk drinking means

- Both men and women should drink no more than 14 units per week.
- This should be spread out over a minimum of 3 days.
- All adults should have at least 2 days in a row each week where no alcohol is consumed.
- These guidelines only apply to people aged 18 or over.
- It is recommended that under 18's avoid drinking alcohol.
- It is best to avoid alcohol when trying for a baby and when you are pregnant. **No alcohol, no alcohol harm.**



Funded by NHS GG&C Alcohol Et Drug Health Improvement Team

Calorie content should only be used as a guide  
as its accuracy cannot be guaranteed by NHS GG&C

