Unit/Calorie calculator

for the facts
drinkaware.co.uk

Number of servings:
1 2 3 4

Units:
3.3 6.5 9.8 13

Calories:
200 400 600 800

3-4 units daily

2-3 units daily
The government advises that people should not regularly drink more than the daily unit guidelines of 3-4 units of alcohol for men (equivalent to a pint and a half of 4% beer) and 2-3 units of alcohol for women (equivalent to a 175ml glass of wine). ‘Regularly’ means drinking every day or most days of the week.

Use MyDrinkaware, the online drinks diary and unit calculator, to track your drinking and get personalised feedback.

mydrinkaware.co.uk

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Drinkaware is an independent alcohol education charity