

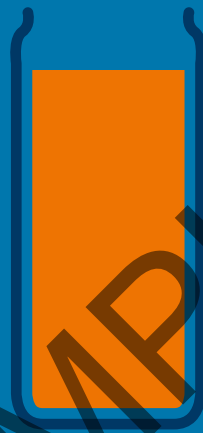
ALCOHOL KNOW YOUR LIMITS



Did you know it takes approximately 1 hour for your body to break down 1 unit of alcohol?



Large glass of red/white/rose wine
– 250ml, ABV 12%,
3 units



Can of lager/beer/cider
– 440ml, ABV 5.5%,
2 units



Single shot of spirits
– 25ml, ABV 40%,
1 unit



A glass of champagne/prosecco
– 125ml, ABV 12%,
1.5 units



Alcopop
– 275ml, ABV 5.5%,
1.25 units



Glass of cream liqueur –
50ml, ABV 17%,
0.9 units

*Average percentages & unit measurements. Figures will vary based on consumption & brand.