

How many units?...

Bottled Beer 5% 330ml

1.7 units



Cider 5.3% Half pint

1.5 units



Red / white wine 12% 175ml

2.1 units



Red / white wine 12% 125ml

1.5 units



Spirits (whiskey, gin or vodka) 50ml

2 units



Spirits (whiskey, gin or vodka) 35ml

1.4 units

Liqueur - 25ml

1 unit



Simple tips to help you cut down the amount you drink.

Make a plan

Before you start drinking, set yourself a limit on how much you're going to drink.

Set yourself a budget

Only take a fixed amount of money to spend on alcohol.

Let people know

If you let your friends and family know you're cutting down and that it's important to you, you could get support from them.

Take it a day at a time

Try and cut back a little each day. That way, every day you do is a success.

Make it a smaller one

You can still enjoy a drink but go for smaller sizes. Try bottled beer or a small glass of wine.

Have a lower-strength drink

Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.

Stay hydrated

Drink a pint of water before you start drinking, and avoid using alcohol to quench your thirst. Have a soft drink instead.

Take a break

Have the odd day each week when you don't have an alcoholic drink.



Getting help and support

If you would like to talk to anybody about your drinking please contact one of our local alcohol support services. ADS can be contacted on **0113 247 0111** or LAU on **0113 295 1300**. They will be able to give you the information and support you need.