Alcohol Identification and Brief Advice

Unit Monitoring Form

Day	Type of Alcohol	Alcohol by Volume	Measure	Quantity	Units
Example: Sunday	*White Wine*	*8 %*	*250 ml*	*3*	*6*

Typical Unit Values Reference

Beverage	Measure	Alcohol by Volume	Unit
Beer	Half pint	3.5 %	1
Beer	Can (440 ml)	3.5 %-4 %	1.8
Cider	Bottle (330 ml)	6 %	2
Lager	Half pint	3.5 %-4 %	1
Spirits	25 ml		1
Wine	125 ml	8 %	1
Wine	175 ml	11 %	1.9

Refer to www.drinkaware.co.uk for further information on units and for a more detailed drinks diary.