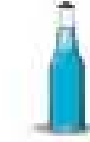


Every time
you have
a drink
it adds up
to more than
you think



Single measure spirit
1 unit ABV 40% 25ml



Alcopop
1.4 units ABV 5% 275ml



Small glass of wine
2.3 units ABV 13% 175ml



Pint of lager
2.8 units ABV 5% 568ml



Bottle of cider
1.5 units ABV 5.3% 275ml

Drink – it adds up to more than you think
drinksmarter.org

Sensible Drinking Guidelines



2-3
units daily



3-4
units daily

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Drinking.
It's time to turn it around.
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healthier
scotland
SCOTTISH GOVERNMENT

For further information please visit the Outer Hebrides Alcohol & Drug Partnership website: www.outerhebadp.co.uk

