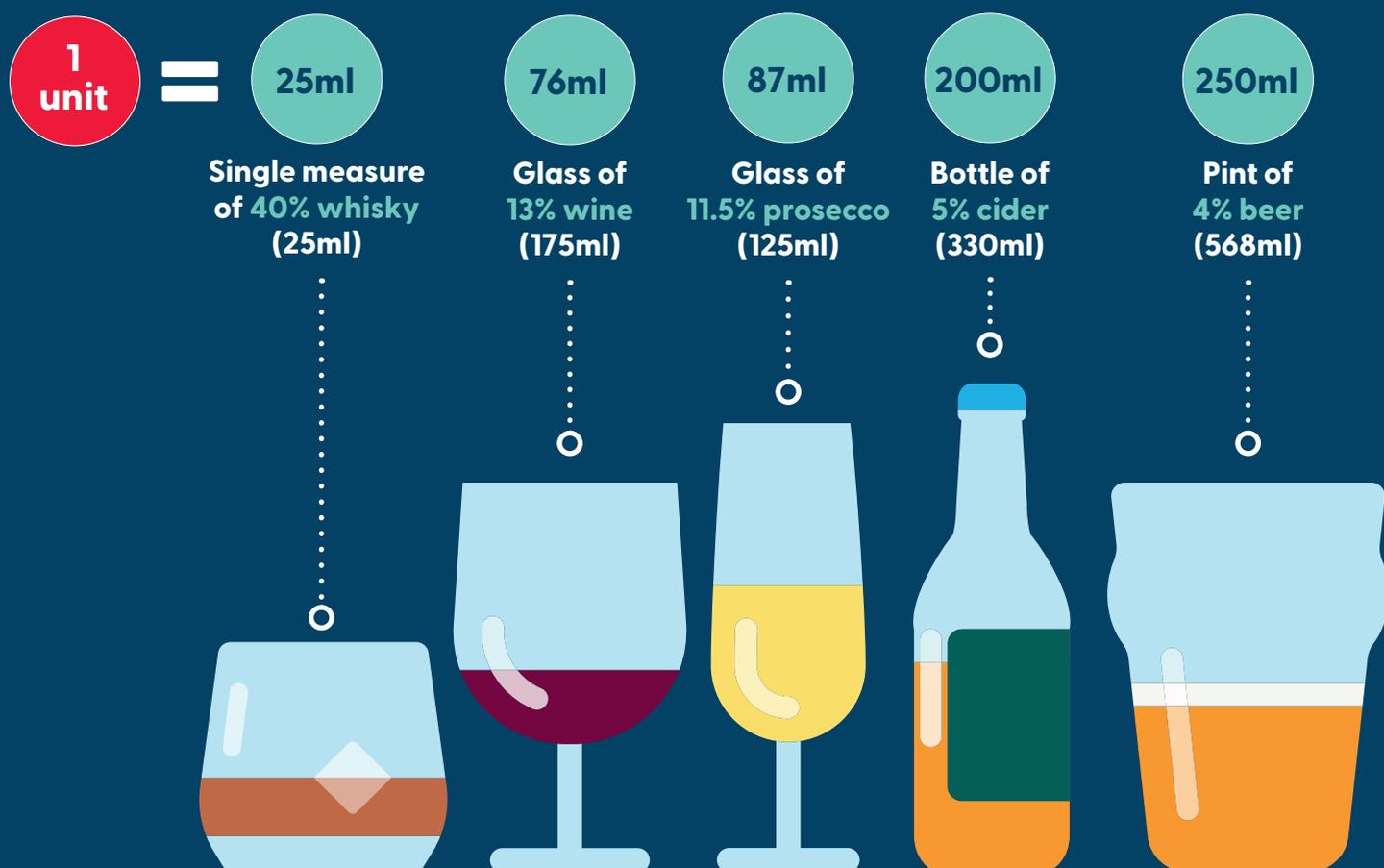


# What does one unit of alcohol look like?

To keep health risks from alcohol low, it is safest to drink **no more than 14 units a week**, spread over three or more days with several drink-free days, and no bingeing.



Want to know how many units of alcohol and calories you're consuming? Use our Unit and Calorie Calculator to easily work it out.

Visit [drinkaware.co.uk/tools](https://drinkaware.co.uk/tools)



Download the free MyDrinkaware app

The drinks displayed are intended as a guide only. Always check the label for the ABV (alcohol by volume) to find out the alcohol content.

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change starts with you