

How are the units in your drinks stacking up?



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



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