

# know your numbers



Wine		12%	Std Glass	175ml	<b>2.1 units</b>
Beer		4%	Pint	568ml	<b>2.3 units</b>
Cider		7%	Litre	1000ml	<b>7 units</b>
Vodka		40%	Bottle	700ml	<b>28 units</b>

## Working out your units:

On your bottle/can of alcoholic drink there will be a % ABV (Alcohol By Volume). Take that figure and multiply by the volume in ml. (amount of liquid, written in either ml or cl. 1 cl = 10ml). Then divide by 1000 to get units.

### FORMULA:

$$\text{Unit(s)} = \frac{\%ABV \times \text{volume (ml)}}{1000}$$

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More information  
<http://wessexahsn.org.uk/projects/32/know-your-numbers>