

List of Units and Calories in Drinks

Alcopops (4%) – One 275ml bottle e.g. WKD, Smirnoff Ice, Bacardi Breezer	1.1 units	174 kcal
Beer (5%) – One pint e.g. Stella Artois, Kronenbourg, Carlsberg Export	2.8 units	242 kcal
Beer (4%) – One pint e.g. Carling, John Smiths, Guinness	2.3 units	193 kcal
Beer (5%) – One bottle (330ml) e.g. Grolsch, Budweiser	1.7 units	138 kcal
Champagne (12%) One small glass (125ml)	1.5 units	95 kcal
Cider (4.5%) – One pint e.g. Magners, Strongbow	2.6 units	207 kcal
Cider (7.5%) – 500ml can e.g. Frosty Jack's, Diamond White	3.8 units	230 kcal
Clear Spirits (37.5%) – 35ml serving e.g. Gordon's, Smirnoff, Bacardi	1.3 units	73 kcal
Cream Liqueur (17%) – 50ml glass e.g. Baileys	0.9 units	175 kcal
Dark Spirits (40%) – 35ml serving e.g. Bell's Martell, Captain Morgan	1.4 units	85 kcal
Wine (13%) – Standard glass (175ml)	2.3 units	134 kcal
Wine (13%) – Large glass (250ml)	3.3 units	191 kcal
Wine (13%) – One bottle (750ml)	9.8 units	573 kcal