

Understand ABV's and Units

These are concerned **with** how much **alcohol** is in the drink you are serving. ABV means percent 'Alcohol By Volume' and it shows how strong a drink is. A Unit is a measurement of alcohol intake. **10 milliliters is a UNIT**, so a drink that contains 10ml of **alcohol** provides you with one unit.

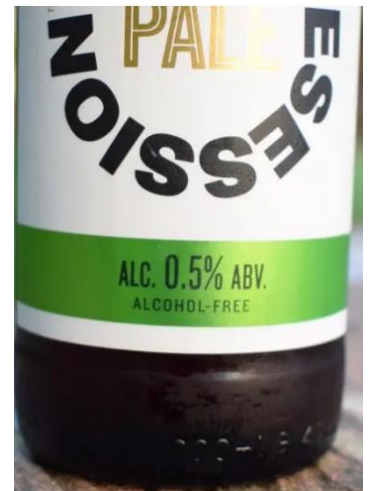


ABV's

Are shown **on** the label of every bottle of spirit, bottle of beer, lager, alcopop, keg and bottle **of** wine. It is a requirement of **law** to show the ABV.

What it shows is that any given quantity **of the** drink contains '**x**' amount of pure alcohol. E.g. a **whisky** with an ABV of **40%**, if you serve a 25ml shot then 40%, or 10ml, is pure alcohol.

E.g. A wine **with** an ABV of **11%**, **if you** serve a 125ml glass of **this** wine then **11%**, or 13.75ml, is pure alcohol.



What are **the ABV's** for the items you stock?

Each type of drink differs in its **ABV** but generally **certain** types of drinks **fall** into a **range** of ABV, these **are** generally:

- **Spirits (e.g. whisky, vodka, rum) = ABV between 37.5% and 40%**
 - **Lager** = ABV between **3%** and **5%**
 - **Bitter** = **ABV** between **3%** and **5%**
 - **Wine** = ABV **between 5% and 14%**

UNITS

Were introduced **to** provide us **with** a guide to how much alcohol we **are** consuming, they are **a** measuring value and have proved **useful** in our health **monitoring and helping** the police to combat drink **driving**.

Like **we** mentioned **before**, **a drink that** contains 10ml of alcohol provides you with one **unit**.



Understand ABV's and Units

How **do** you work out the number of units for a drink?

UNITS = AMOUNT OF LIQUID (In ml) x %ABV x 0.001

E.g. 25ml of a whisky with an ABV of 40% UNITS

$$= (25 \times 40) \times 0.001 = 1 \text{ Unit}$$

E.g. 175ml of a wine with an ABV of 11% UNITS

$$= (175 \times 11) \times 0.001 = 1.9 \text{ (or 2) Units}$$

E.g. A pint of lager with an ABV of 4% UNITS

$$= (568\text{ml} \times 4) \times 0.001 = 2.27 \text{ Units.}$$



1 UNIT

Single shot of spirits
(25ml, ABV 40%)



1.5 UNITS

Alcopop
(275ml, ABV 5.5%)



1.5 UNITS

Small glass of red / white /
rosé / sparkling wine
(125ml, ABV 12%)



2 UNITS

Can of beer, ale,
lager or cider
(440ml, ABV 5.5%)



2.1 UNITS

Standard glass of
red / white / rosé / wine
(175ml, ABV 12%)



3 UNITS

Pint of beer, ale,
lager or cider
(568ml, ABV 5.2%)



3 UNITS

Large glass of
red / white / rosé / wine
(250ml, ABV 12%)



9 UNITS

Bottle of red / white /
rosé / sparkling wine
(750ml, ABV 12%)