

Drinks Diary

**How much alcohol
are you drinking?**

Use this handy drinks
diary to find out



Healthy
lifestyles
Gloucestershire

Regularly drinking more than 14 units a week increases the risk of long-term harm to your health such as stroke, heart disease, mouth or throat cancer, liver cirrhosis and breast cancer.

Use this handy drink diary to record how many units you drink in a week by following these four easy steps:

- 1. Each day write down all the alcoholic drinks you have including the type of drink and the alcoholic strength in the table opposite.
- 2. Write down how many units are in each drink using the ‘drinks and units’ table below or the online drink calculator at www.nhs.uk/units
- 3. Add up the total number of units for each day and write it down in the last column. The online drinks calculator will add up the number of units for you.
- 4. Once you have completed the table for each day, look at the weekly total.

Ale, Stout & Lager		4% Pint (568ml) 2.3 units 182 calories
Ale, Stout & Lager		4% Can (440ml) 1.8 units 132 calories
Ale, Stout & Lager		5% Small Bottle (330ml) 1.6 units 142 calories
Cider		4.5% Pint (568ml) 2.6 units 216 calories
Wine		13% Small Glass (125ml) 1.6 units 85 calories
Wine		13% Standard Glass (175ml) 2.3 units 159 calories
Wine		13% Large Glass (250ml) 3.2 units 170 calories
Spirits, shots (e.g. gin, rum, vodka, whisky, tequila)		40% 25ml (Single) 1 unit 61 calories
Alcopops		4% 275ml Bottle 1.1 units 170 calories

Day	Type of Drink(s)	Alc %	Units	Calories	Amount of drinks	Calorie Total	Units Total
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Weekly Totals							

Weekly recommended drinking limit*

To keep health risks from alcohol low it is **best not to regularly drink more than 14 units per week**. This means that in a week you should drink no more than:

*UK Chief Medical Officers' low risk drinking guidelines, August 2016



**6x 175ml
glasses
of Standard
13% Wine**

OR



**6x 568ml
pints
of Standard
4% Lager or Ale**

OR



**5x 568ml
pints
of Standard
4.5% Cider**

OR



**14x 25ml
glasses
of Standard
10% Spirits**

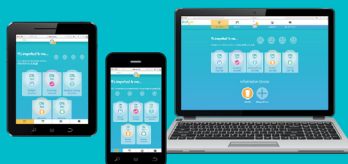
Pregnant women, or women trying to conceive **should not drink alcohol at all**. Drinking during pregnancy can lead to long-term harm to the baby, and this risk increases the more you drink.

If you are drinking more than these amounts, you should **consider cutting down**. Drinking more than your recommended weekly units of alcohol significantly increases your risk of developing over sixty diseases, and affects your mental health and social life.

For free, confidential support
speak to one of our coaches
Freephone **0800 122 3788**
or **info@hlsghos.org**
or visit **www.hlsghos.org**

For more support,
information and tools
to help you change your
relationship with alcohol
for the better visit...

**Healthy
lifestyles**
Gloucestershire



www.bestyoughos.org