



# Carbs & Cals



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# ALCOHOL & UNITS

Although most people can enjoy moderate consumption of alcohol safely, exceeding the recommended limit and/or binge drinking can contribute to a number of health problems, such as liver disease, high blood pressure and obesity.

Over the years, the alcohol content of most drinks has gone up, so a drink may contain more units of alcohol than you think. It is recommended not to consume more than **14 units of alcohol per week** and to spread this out over the week, with at least 2 alcohol-free days. Here's a useful guide to the alcohol units of some common drinks.

## Cider (dry, 5% ABV)



**3 Units**

**15g Carbs**

568ml, pint

**204 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## Lager (4% ABV)



**2½ Units**

**12g Carbs**

568ml, pint

**208 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## Stout (4% ABV)



**2½ Units**


**18g Carbs**

568ml, pint

**210 Cals**

2g Prot 0g Fat 0g SatFat 0g Fibre

## Champagne



**1½ Units**

**2g Carbs**

125ml

**95 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## Red Wine (13% ABV)



**3½ Units**

**1g Carbs**

250ml, large glass

**190 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## White Wine (dry, 12% ABV)



**3 Units**


**2g Carbs**

250ml, large glass

**188 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## Brandy



**1 Unit**


**0g Carbs**

25ml

**56 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## Port



**1 Unit**


**6g Carbs**

50ml

**79 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre

## Vodka



**1 Unit**

**0g Carbs**

25ml

**56 Cals**

0g Prot 0g Fat 0g SatFat 0g Fibre