

ALCOHOL 101: STANDARD UNIT OR DRINK

The concept of a standard measurement is useful for informing individuals about how much alcohol they are taking.

The strengths of different types of alcoholic beverages vary significantly and using standard measures allows uniformity.

Therefore, in terms of alcohol it contains, a standard drink or unit will be the same - regardless of whether it contains beer, wine, or distilled spirits.

What does 1 unit of alcohol look like?



A number of countries around the world have issued definitions of standard drinks or units, equal to a specified amount of ethanol expressed in grams.

Standard Drink/Unit Size (Grams of Ethanol)	Country
8	United Kingdom
9.9	Netherlands
10	Australia, Austria, France, Ireland, New Zealand, Poland, Spain
11	Finland
12	Denmark, Italy, South Africa
13.6	Canada
14	Portugal, United States

UNITS OF ALCOHOL

A standard unit of alcohol is a measure used in the United Kingdom to quantify alcoholic content within a given volume of an alcoholic beverage in order to provide guidance on total alcohol consumption.

One standard unit of alcohol is defined as 8 grams (10 ml) of pure alcohol.

A typical healthy adult can break down about one unit of alcohol per hour though this may vary depending on age, sex, body weight, personal metabolic rate, recent food intake, and many other factors.



The number of UK units of alcohol in a drink is easily determined by multiplying the total volume of a drink (in ml) by its ABV (alcohol by volume, which is expressed as a percentage) and dividing the result by 1000.

ABV is a measure of the amount of pure alcohol as a percentage of the total volume of liquid in a drink.

For instance, a 500 ml bottle of Tusker Lager, whose ABV is 4.2% contains $500 \times 4.2 / 1000 = 2.1$ units of alcohol

Typically, beers are about 4 to 6% ABV, wines about 12 to 14% ABV, and distilled spirits about 40% ABV.

Alcohol guidelines issued by the government of the United Kingdom advises BOTH men and women not to regularly drink more than 14 units of alcohol per week.

Instead of saving up your 14 units, spread them evenly across the week and have regular drink-free days.

In addition, WOMEN should not regularly drink more than 2-3 units of alcohol per day while MEN should not regularly drink more than 3-4 units of alcohol per day.

Standard definitions of alcohol content are beneficial in creating public awareness and educating consumers on responsible drinking patterns.

Ideally, consumers should be able to use this information to monitor their own alcohol intake and compare their drinking with the recommended limits.

Adapted from
www.icap.org
www.drinkaware.co.uk
en.wikipedia.org



PREVENTION
 COLLABORATION
 COMMUNITY STRENGTHS
 ACTION RESEARCH

www.cwcskenya.weebly.com

powered by

