



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

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 that men and women do not drink more than **14 units** of alcohol per week and that it is best spread evenly across the week. 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)



2 Units

12g Carbs

568ml, pint

208 Cals

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

Stout (4% ABV)



2 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



3 Units


1g Carbs

250ml, large glass

190 Cals

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

White Wine (dry)



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