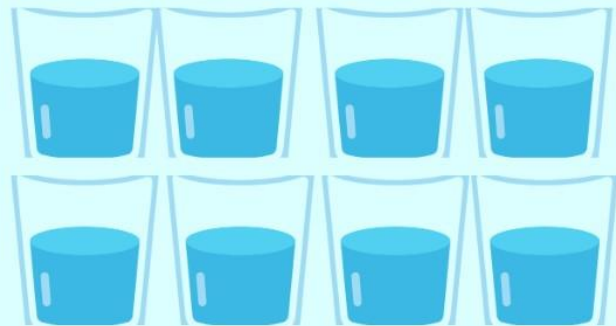


Drinks - What is a Portion?



Drink plenty of fluids. Generally to 6-8 cups or glasses daily but this will depend on age, gender, the weather, how much physical activity you do and health.



Water, lower fat milks, lower sugar or sugar-free drinks including tea and coffee all count!

Fruit juice and smoothies should be limited to one small glass (150ml) per day at a mealtime to protect your teeth.



Men and women are advised not to drink more than 14 units a week on a regular basis.



Number of alcohol units:

A single small shot of spirits (25ml, ABV 40%): 1 unit

Bottle of lager/beer/cider (330ml, ABV 5%): 1.7 units

Can of lager/beer/cider (440ml, ABV 5.5%): 2.4 units

Standard glass of red/white/rosé wine (175ml, ABV 12%): 2.1 units

