

It is actually very difficult to determine how much alcohol your body can tolerate, as there are many different factors that need to be taken into account. Your height, weight and gender, how much you have eaten, and how tired you are, to name but a few. These are all factors that need to be considered when consuming alcohol.

This alcohol table should only, therefore, be used as a guide to regulate your intake.

ALCOHOL UNITS TABLE

Product	% alc	Glass Size (ml)	Units of alcohol	Bottle Size (ml)	Units of alcohol
Wine red or white, still or sparkling	5.0	125	0.63	750	3.75
Wine red or white, still or sparkling	5.5	125	0.69	750	4.13
Wine red or white, still or sparkling	6.0	125	0.75	750	4.50
Wine red or white, still or sparkling	6.5	125	0.81	750	4.88
Wine red or white, still or sparkling	7.0	125	0.88	750	5.25
Wine red or white, still or sparkling	7.5	125	0.94	750	5.63
Wine red or white, still or sparkling	8.0	125	1.00	750	6.00
Wine red or white, still or sparkling	8.5	125	1.06	750	6.38
Wine red or white, still or sparkling	9.0	125	1.13	750	6.75
Wine red or white, still or sparkling	9.5	125	1.19	750	7.13
Wine red or white, still or sparkling	10.0	125	1.25	750	7.50
Wine red or white, still or sparkling	10.5	125	1.31	750	7.88
Wine red or white, still or sparkling	11.0	125	1.38	750	8.25
Wine red or white, still or sparkling	11.5	125	1.44	750	8.63
Wine red or white, still or sparkling	12.0	125	1.50	750	9.00
Wine red or white, still or sparkling	12.5	125	1.56	750	9.38
Wine red or white, still or sparkling	13.0	125	1.63	750	9.75
Wine red or white, still or sparkling	13.5	125	1.69	750	10.13
Wine red or white, still or sparkling	14.0	125	1.75	750	10.50
Wine red or white, still or sparkling	14.5	125	1.81	750	10.88
Wine red or white, still or sparkling	15.0	125	1.88	750	11.25
Sherry or Port	15.5	125	1.94	750	11.63
Sherry or Port	16.0	125	2.00	750	12.00
Sherry or Port	16.5	125	2.06	750	12.38
Sherry or Port	17.0	125	2.13	750	12.75
Sherry or Port	17.5	125	2.19	750	13.13
Sherry or Port	18.0	125	2.25	750	13.50
Sherry or Port	18.5	125	2.31	750	13.88
Sherry or Port	19.0	125	2.38	750	14.25
Sherry or Port	19.5	125	2.44	750	14.63
Sherry or Port	20.0	125	2.50	750	15.00
Sherry or Port	20.5	125	2.56	750	15.38

A unit of alcohol is defined as 10ml of pure ethanol and is contained in a single 25ml measure of whisky.