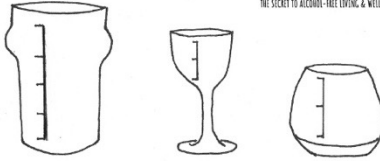


ALCOHOLOMETER

WALKING BACK TO HAPPINESS
THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING



THE DEFINITIVE GUIDE TO HOW MUCH NEAT OR PURE ALCOHOL YOU DRINK

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THE DEFINITIVE GUIDE TO HOW MUCH PURE ALCOHOL YOU DRINK?

DAILY DRINKING

STEP 1 – Select your drink type and its Alcohol By Volume (ABV).

STEP 2 – Cross reference with the amount you drink. The number in the table is the amount of neat alcohol expressed in litres.

For example:

A pint of beer per day for 1 Year at 6.0% ABV is 12.4392 litres of neat alcohol.

A bottle of wine a day at 12.5% ABV for 1 Year is 34.219 litres of neat alcohol.

A bottle of spirits a week at 40% ABV for 1 Year is 14.560 litres of neat alcohol.

Bold numbers relate to the more common ABVs.

BEER/LAGER – 1 x PINT PER DAY

ABV%	PURE ALCOHOL PER PINT (568ML)	1 WEEK: 7 DAYS (7 PINTS)	1 MONTH: 30 DAYS (30 PINTS)	1 YEAR: 365 DAYS (365 PINTS)	
	LITRES	LITRES	LITRES	LITRES	
3.0%	0.01704	0.1193	0.5112	6.2196	
3.5%	0.01988	0.1392	0.5964	7.2562	
4.0%	0.02272	0.1590	0.6816	8.2928	Average Beer/Lager
4.5%	0.02556	0.1789	0.7668	9.3294	
5.0%	0.02840	0.1988	0.8520	10.3660	Average Stronger Beer/Lager
5.5%	0.03124	0.2187	0.9372	11.4026	
6.0%	0.03408	0.2386	1.0224	12.4392	
6.5%	0.03692	0.2584	1.1076	13.4758	
7.0%	0.03976	0.2783	1.1928	14.5124	
7.5%	0.04260	0.2982	1.2780	15.5490	
8.0%	0.04544	0.3181	1.3632	16.5856	

WINE – 1 x BOTTLE PER DAY

ABV%	PURE ALCOHOL PER BOTTLE (750ML)	1 WEEK: 7 DAYS (7 BOTTLES)	1 MONTH: 30 DAYS (30 BOTTLES)	1 YEAR: 365 DAYS (365 BOTTLES)	
	LITRES	LITRES	LITRES	LITRES	
9.0%	0.068	0.051	0.038	24.638	
9.5%	0.071	0.499	2.138	26.006	
10.0%	0.075	0.525	2.250	27.375	
10.5%	0.079	0.551	2.363	28.744	
11.0%	0.083	0.578	2.475	30.113	
11.5%	0.086	0.604	2.588	31.481	
12.0%	0.090	0.630	2.700	32.850	
12.5%	0.094	0.656	2.813	34.219	Average Bottle White Wine
13.0%	0.098	0.683	2.925	35.588	
13.5%	0.101	0.709	3.038	36.956	Average Bottle Red Wine
14.0%	0.105	0.735	3.150	38.325	
14.5%	0.109	0.761	3.263	39.694	
15.0%	0.113	0.788	3.375	41.063	

SPIRITS – 1 x BOTTLE PER WEEK

ABV%	PURE ALCOHOL PER BOTTLE (700ML)	1 WEEK: 7 DAYS (1 BOTTLE)	1 MONTH: 30 DAYS (4.5 BOTTLES)	1 YEAR: 52 WEEKS (52 BOTTLES)	
	LITRES	LITRES	LITRES	LITRES	
20%	0.140	0.140	0.630	7.280	
25%	0.175	0.175	0.788	9.100	
30%	0.210	0.210	0.945	10.920	
35%	0.245	0.245	1.103	12.740	
40%	0.280	0.280	1.260	14.560	Average Bottle Gin or Whisky
45%	0.315	0.315	1.418	16.380	