

Do You Know What You are Drinking?



Question: Which of the standard UK measures of alcoholic drinks pictured below contains the most alcohol?



Answer: They **all** contain the same amount of alcohol, ie equivalent to **two** UK units of alcohol

Although single drink servings vary the world over, in most countries:

- a standard small serving of beer
 - a small glass of wine and
 - a single measure of Scotch Whisky or other spirit
- } **all** contain approximately the same amount of alcohol

alcohol is alcohol

- Scotch Whisky, other spirits, beer and wine all have their own distinctive characteristics but they have at least one thing in common - **they all contain alcohol.**
- Many people still mistakenly assume that a measure of spirits is stronger than an equivalent measure of beer or wine.
- The way spirits are served makes allowance for the bottling strength of spirits. They are often served diluted, as long or mixed drinks.
- If consumed in **moderate** quantities, beer, wine and spirits appear to convey equal health benefits. Drinking small amounts of alcohol may be beneficial - drinking excessively puts health at risk. There is no convincing social or scientific evidence why spirits should be considered less beneficial or more harmful than other forms of alcohol beverage.
- If consumed excessively or irresponsibly, all alcoholic drinks may cause problems for the individual or for the community.

Further information from: The Scotch Whisky Association