


THINGS TO REMEMBER


- ! When you drink alcohol, it is absorbed through the stomach and intestine lining and into the bloodstream. It then circulates the body, including the brain.
- ! How quickly it is absorbed and how much alcohol gets into the blood, depends on many factors including:
 - the amount and strength of the drink
 - how quickly you drink it
 - whether you have eaten recently (food in the stomach slows down the absorption)
 - body size and weight
 - whether you are male or female (alcohol concentrations are greater in women because of less water in the body)
- ! So, alcohol will affect people differently, and often in different ways at different times for the same person.

How much is 1 unit of alcohol?


Half a pint of 3-4% ABV beer, lager, cider



One small 95ml glass of 9-14% wine



One single measure of 37.5-40% ABV spirits (gin, vodka, whiskey etc.)



One 50ml measure of 16-20% liqueur or aperitif

