

Alcohol quiz

Test your knowledge on alcohol with this quick quiz and find out if you know how much is too much.

1. The UK's top doctors recommend no more than 14 units of alcohol a week. But what's a unit?

- a. One pint of beer or a medium glass of wine
- b. A cupboard where I keep my drinks
- c. 10ml of pure alcohol within a given drink

2. How long does it take the body to break down one unit of alcohol?

- a. It depends on whether I've been drinking beer, wine or vodka
- b. Around an hour
- c. It takes no time at all, because I've built up a high tolerance level

3. What is the best way to cure a hangover?

- a. Going for a five-mile run
- b. Allowing enough time for your body to process the alcohol
- c. 'Hair of the dog' (i.e. having another drink)

4. Is drinking red wine good for the heart?

- a. It's complicated and the jury's still out
- b. No way, gin agrees with me way more
- c. Yes, because it helps you fall in love

5. How many calories are there in my pint of beer?

- a. None, it's mainly water after all
- b. More than a can of classic coke
- c. I've no idea!

6. Which age group comprise Britain's biggest drinkers?

- a. 16 to 24 year olds
- b. 25-44 year olds
- c. 45-64 year olds

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1. The UK's top doctors recommend no more than 14 units of alcohol a week. But what's a unit?

The correct answer is: c) 10ml of pure alcohol within a given drink

Did you know? One pint of 4% ABV beer and a medium (175ml) glass of 12% ABV wine each contain around two units of alcohol. A strong (5.2%) pint of beer contains three units, and a strong wine (14%) in a large glass (250ml) contains three and a half units! To stay as healthy as possible, it's best not to drink more than four of those glasses a week.

2. How long does it take the body to break down one unit of alcohol?

The correct answer is: b) Around an hour

On average, it takes about one hour for your body to break down one unit of alcohol. So if you have a standard strength pint of beer or a medium glass of wine (each two units), your body will still be breaking down the alcohol two hours later. If you drink more, the other alcohol has to wait in the queue.

3. What is the best way to cure a hangover?

The correct answer is: b) Allowing enough time for your body to process the alcohol

Time will not exactly cure the hangover, but it is the only way to get the alcohol out of your system. Drinking less is the best way to prevent one in the first place. Next time you are drinking, pace yourself, and drink a glass of water in between each alcoholic drink.

4. Is drinking red wine good for the heart?

The correct answer is: a) It's complicated and the jury's still out

Some scientists have shown that a component of red wine, called 'resveratrol', can positively impact some aspects of heart health in some people. However, because red wine contains only a small amount of resveratrol, you would need to drink an unrealistically large quantity to have a real effect! But there are also studies that show there is no health benefit.

5. How many calories are there in my pint of beer?

The correct answer is: b) More than a can of classic coke

A pint of beer has around 200 to 250 calories, equivalent to about one and a half cans of classic coke – yikes! It's all about a balanced diet isn't it – which doesn't mean holding a pint in each hand...!

6. Which age group comprise Britain's biggest drinkers?

The correct answer is: c) 45-64 year olds

The statistics show that 45-64 year olds, the so-called Generation X, now drink more than younger people or people in old age.

Find out more about alcohol and your health.

www.alcoholchange.org.uk