

Newsbeat Booze Calculator

The Newsbeat Booze calculator is an Adobe Flash-based widget featured on the Radio 1 webpage.

<http://www.bbc.co.uk/newsbeat/12254668>

The idea is to select the drinks you buy on a typical Saturday night out.

The calculator then displays some approximate health and financial information based on that selection.

This document outlines the mathematics and sources behind the calculator and can be used by readers who have not installed Adobe Flash on their machines.

Number of units

Pint of weaker beer/lager/cider = 2.3 units
Pint of stronger beer/lager/cider = 2.95 units
Standard wine = 2.1 units
Large wine = 3 units
One measure spirits = 1 units
Double measure spirits = 2 units
Alcopop = 1.5 units

Recommended weekly for man = 21
Recommended weekly for woman = 14

Source: NHS, Drinkaware, Alcohol Concern

More information: <http://www.drinkaware.co.uk/tips-and-tools/drink-diary/>

Number of calories

Pint of weaker beer/lager/cider = 200 (average)
Pint of stronger beer/lager/cider = 200 (average)
Standard wine = 125 (averaging white and red)
Strong wine = 180
One measure spirits = 55
Double measure spirits = 110
Alcopop = 190 (average 'Ready to Drink')

Source: Drinkaware

More information: <http://www.drinkaware.co.uk/facts/calories-in-alcohol>

Time

The calculator also works out the time the alcohol takes to leave your body.

The exact time can vary significantly based on your age, weight and metabolism.

But an approximate guide is one hour to burn off one unit's worth of alcohol.

Source: NHS, Brake

More information:

<http://www.nhs.uk/chq/Pages/853.aspx?CategoryID=87&SubCategoryID=871>

Cash

Pint of weaker beer/lager/cider = £3.06

Pint of stronger beer/lager/cider = £3.06

Standard wine = £3.35

Large wine = £4.50

One measure spirits = £2.50

Double measure spirits = £3.90

Alcopop = £2.75

To calculate this we took an average of typical prices from three large pub chains across the UK.

Source: All Bar One (National), Bar Ha Ha (National, Leeds, Cardiff), Walkabout (Sheffield)

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