

Additional file 3

Sri Lanka Diabetes and Cardiovascular Diseases Study (SLDCS)

Calculation of the number of units of different types of alcohol in Sri Lanka
(Reference Table)

Type of Alcohol	Pure alcohol % by volume	A single unit in ml	1 unit in conventional measurements
Arrack	34-36	30	One drink
Illicit spirits*	20(approx.)	50	Two shots/drinks
Beer	4.5-5	200-250	Half a pint
Toddy	5	200-250	Half a pint
Whisky	40-43	25	One drink
Wine	11-12	175	One small glass

*Includes 'Kassippu' (Moon shine/homemade alcohol)