





STANDARD DRINK EQUIVALENTS

A standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Standard drink equivalents are approximate since different brands and types of beverages vary in their actual alcohol content.

Beer or Cooler	Malt Liquor	Table Wine	80 Proof Spirits
			
5% alcohol: 12 oz	7% alcohol: 8.5 oz.	12% alcohol: 5 oz.	40% alcohol: 1.5 oz.
<p style="text-align: center;">Number of standard drinks:</p> <ul style="list-style-type: none"> •12 oz. = 1 •22 oz. = 2 •16 oz. = 1.3 •40 oz. = 3.3 	<p style="text-align: center;">Number of standard drinks:</p> <ul style="list-style-type: none"> •12 oz. = 1.5 •22 oz. = 2.5 •16 oz. = 2 •40 oz. = 4.5 	<p style="text-align: center;">Number of standard drinks:</p> <ul style="list-style-type: none"> • standard 750-ml (25-oz.) bottle = 5 	<p style="text-align: center;">Number of standard drinks:</p> <ul style="list-style-type: none"> • a mixed drink = 1 or more* • a fifth (25 oz.) = 17 • a pint (16 oz.) = 11 •1.75 L (59 oz.) = 39

Note: It can be difficult to estimate the number of standard drinks in a single mixed drink made with hard liquor. Depending on factors such as the type of spirits and the recipe, a mixed drink can contain from one to three or more standard drinks.

—Developed by Steffie Genevieve, MSW, LICSW, SAP using statistics collected National Institute of Alcohol Abuse and Alcoholism - Excerpted from NIH Publication No. 07-3769



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