

# What's A Standard Drink?

**A** standard drink in the United States is any drink that contains about 14 grams of pure alcohol. This is about 0.6 fluid ounces or 1.2 tablespoons. Below are standard drink equivalents for the U.S. These are approximate, since the alcohol content of different brands and types of beverages can vary.

<p><b>12 oz. of beer or cooler</b></p>	<p><b>8-9 oz. of malt liquor</b></p> <p>8.5 oz. shown in a 12-oz. glass that, if full, would hold about 1.5 standard drinks of malt liquor</p>	<p><b>5 oz. of table wine</b></p>	<p><b>3-4 oz. of fortified wine</b></p> <p>(such as sherry or port) 3.5 oz. shown</p>	<p><b>2-3 oz. of cordial, liqueur, or aperitif</b></p> <p>2.5 oz. shown</p>	<p><b>1.5 oz. of brandy</b></p> <p>(a single jigger)</p>	<p><b>1.5 oz. of spirits</b></p> <p>(a single jigger of 80-proof gin, vodka, whiskey, etc.) Shown straight and in a highball glass with ice to show level before adding mixer*</p>
 <p><b>12 oz.</b></p>	 <p><b>8.5 oz.</b></p>	 <p><b>5 oz.</b></p>	 <p><b>3.5 oz.</b></p>	 <p><b>2.5 oz.</b></p>	 <p><b>1.5 oz.</b></p>	 <p><b>1.5 oz.</b></p>

# What's A Standard Drink?

Many people don't know what counts as a standard drink. Because of this they may not realize how many standard drinks are in the actual container of the drink. Here are some examples:

- For beer, the approximate number of standard drinks is:
  - 12 oz. = 1
  - 16 oz. = 1.3
  - 22 oz. = 2
  - 40 oz. = 3.3
- For malt liquor, the approximate number of standard drinks is:
  - 12 oz. = 1.5
  - 16 oz. = 2
  - 22 oz. = 2.5
  - 40 oz. = 4.5
- For table wine, the approximate number of standard drinks is:
  - a standard 750 mL (25 oz.) bottle = 5
- For 80-proof spirits, or "hard liquor," the approximate number of standard drinks is:
  - a pint (16 oz.) = 11
  - a mixed drink = 1 or more\*
  - a fifth (25 oz.) = 17
  - 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. It depends on the type of spirits and the recipe. A mixed drink can contain from one to three or more standard drinks.**

Adapted from National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health

