

Size Matters.



**Standard beer,
cider or cooler:**
12 oz
(341ml)



Standard spirits:
1.5 oz
(43ml)



Standard glass of wine:
5 oz
(142ml)

Not all drinks are created equal. One standard drink equals:

- 341 ml (12 oz) bottle of 5% alcohol beer, cider or cooler
- 43 ml (1.5 oz) shot of 40% spirits (vodka, rum, whisky, gin etc.)
- 142 ml (5 oz) glass of 12% wine

Prefer to drink higher alcohol beer, coolers, ciders and wines? If so, take note that even though the serving size in your glass appears the same, your drink actually contains more alcohol per volume and is therefore equal to more than one standard drink.

If you drink or host, know what a standard drink is.