

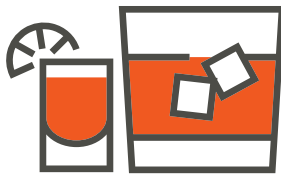
HOW MUCH ARE YOU DRINKING?

WHAT'S IN A STANDARD DRINK?

5 oz of wine
12% ALCOHOL



1.5 oz or a "shot" of
80-proof spirits or liquor
40% ALCOHOL



12 oz of beer
5% ALCOHOL



8 oz of malt liquor
7% ALCOHOL



Each of the drinks above is a "standard drink."
Because beer, wine and liquor all have different amounts of
alcohol in them, standard drinks come in various sizes.

DID YOU KNOW?

- A standard 16 oz plastic drinking cup can help you measure a "standard drink." The lines on the cup show you how much to pour of beer, wine or liquor without overdoing it.
- Be aware that the drink you order at the bar could be equal to two or three "standard drinks." It depends on the type and amount of alcohol in the drink.

LEARN MORE AT

ownyourlimits.org/responsible-drinking

Plastic Cup

