

# You may be drinking **MORE** than you think

## **ONE** standard drink



**Beer**

5% alcohol

**341 ml (12 oz)**



**Wine**

12% alcohol

**142 ml (5 oz)**



**Spirits or  
Liquor**

40% alcohol

**43 ml (1.5 oz)**

## **MORE** than one standard drink



**Draught Beer**

5% alcohol

**518 ml (18 oz)**

**1.5 drinks**



**Coolers**

7% alcohol

**341 ml (12 oz)**

**1.5 drinks**



**Mixed Drinks**

40% alcohol

**86 ml (3 oz)**

**2 drinks**