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

Rethink Your Drinking.ca
Adapted with permission from Durham Region Health Department

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