

# How to Convert to Standard Drinks

Beverage Type	# Ounces (1)	% Alcohol Content By Volume (2)	% Alcohol Content By Volume (1 x 2)	Total Ounces of Alcohol
Beer 	12 oz	5%	60%	0.6 oz
Wine 	5 oz	12%	60%	0.6 oz
Hard Liquor /Spirits (gin, whiskey) 	1 ½ oz	40%	60%	0.6 oz

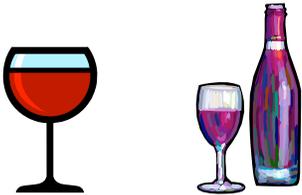
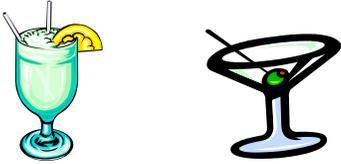
# WHAT IS A STANDARD DRINK?

A standard drink (SD) is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces).

Below are different standard drink equivalents for different alcoholic beverages. Because there are many types of alcoholic beverages and brands, the exact content will vary.

## Standard Drink Equivalents (% alcohol content)

## Approximate Number of Standard Drinks in Different Beverages

<p><b>Beer<sup>a</sup> or Wine Coolers (~5%)</b></p> 	<p>12 oz. can or bottle = 1.0            16 oz. can or bottle = 1.3            24 oz. can or bottle = 2.0            40 oz. bottle = 3.3</p>
<p><b>Malt Liquor (~7%)</b></p> 	<p>12 oz. can or bottle = 1.4            16 oz. can or bottle = 1.9            24 oz. can or bottle = 2.8            40 oz. bottle = 4.7</p>
<p><b>Table Wine<sup>a</sup> (~12% - 14%)</b></p> 	<p>5 oz. glass = 1.0            25 oz. bottle = 5.0            40 oz. bottle = 8.0</p> <p>Fortified or sweet wine (18% - 20%)            1 SD = 3 oz.</p>
<p><b>Hard Liquor/Spirits (~40%; 80-proof)</b></p> 	<p>1.5 oz. spirits in a straight drink = 1.5            1.5 oz. spirits in a mixed drink = 1.5            12 oz. (mickey) = 8.0            25 oz. bottle = 17.0            40 oz. bottle = 27</p>

<sup>a</sup>For light beer or light wine, standard drinks (SDs) are calculated in terms of a ratio (e.g., 12 oz. of 2.5% light beer = 0.5 SDs; 12 oz. of 4% light beer = 0.8 SDs).

## STANDARD DRINK CONVERSION CHART

### BEER or WINE COOLERS (5%)

- 12 oz can/bottle = 1 standard drink
- 16 oz can/bottle = 1.3 standard drinks
- 24 oz can/bottle = 2 standard drinks
- 40 oz can/bottle = 3.3 standard drinks



### MALT LIQUOR (7%)

- 12 oz can/bottle = 1.4 standard drinks
- 16 oz can/bottle = 1.7 standard drinks
- 24 oz can/bottle = 2.8 standard drinks
- 40 oz can/bottle = 4.7 standard drinks



### WINE (12%-14%)

- 5 oz glass = 1 standard drink
- 25 oz / 750 ml bottle = 5 standard drinks
- 40 oz / 1.5 liter bottle = 8 standard drinks



### FORTIFIED WINE (18%-20%)

- 3 oz glass = 3 standard drinks



### HARD LIQUOR (40%; 80-proof)

*Either straight or in a mixed drink*

- 1½ oz = 1 standard drink
- 12 oz (mickey) = 8 standard drinks
- 25 oz bottle = 17 standard drinks
- 40 oz bottle = 27 standard drinks

