










Essential SolutionsSM *for alcohol management*

Standard Drinks

A standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). The drinks shown below contain about the same amount of pure alcohol. You can think of each one as a standard drink.

<p>12 oz. of beer or cooler</p> 	<p>8-9 oz. of malt liquor 8.5 oz. shown in a 12 oz. glass that, if full, would hold about 1.5 standard drinks of malt liquor</p> 	<p>5 oz. of table wine</p> 	<p>3-4 oz. of fortified wine (such as sherry or port) 3.5 oz. shown</p> 	<p>2-3 oz. of cordial, liqueur, or aperitif (2.5 oz. shown)</p> 	<p>1.5 oz. of brandy (a single jigger)</p> 	<p>1.5 oz. of spirits (a single jigger of 80-proof gin, vodka, whiskey, etc.) *Shown straight and in a high-ball glass with ice to show level before adding mixer.</p> 
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Many people do not know what counts as a standard drink, and thus are unaware of how many standard drinks are held in the containers in which these drinks are often sold. Some examples:

For **Beer**, the approximate number of standard drinks is

12 oz. = 1 drink	22 oz. = 2 drinks
16 oz. = 1.5 drinks	40 oz. = 3.3 drinks

For **Malt Liquor**, the approximate number of standard drinks is

12 oz. = 1.5 drinks	22 oz. = 2.5 drinks
16 oz. = 2 drinks	40 oz. = 4.5 drinks

For **Table Wine**, the approximate number of standard drinks in

A standard 750 mL (25 oz.) bottle = 5 drinks

For **80-Proof Spirits**, or "hard liquor," the approximate number of standard drinks in

A mixed drink = 1 or more*	A fifth (25 oz.) = 17
A pint (16 oz.) = 11	1.75 L (59 oz.) = 39

*Note: It can be difficult to estimate the number of standard drinks served in a single mixed drink made with hard liquor. Depending on factors such as type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

Types of Drinkers in the U.S. Population

There are different types of drinkers among the adult population in this country. These different types of drinkers can be explained by their patterns of alcohol consumption. The table below provides more information on this subject.

Type of Drinker	Pattern of Alcohol Consumption
Abstainers and Light Drinkers	<ul style="list-style-type: none">• Drink no alcohol or less than three drinks per month• Alcohol use does not affect health or result in negative consequences
Moderate Drinkers	<ul style="list-style-type: none">• Drink three or fewer times per week• Drink one to two standard drinks per occasion• Alcohol use does not affect health or result in negative consequences• At times moderate drinkers consume NO alcohol, such as before driving, while operating machinery, etc.
At-risk Drinkers	<ul style="list-style-type: none">• Drink more than 14 standard drinks per week for those below age 65, or more than 7 standard drinks per week for those over age 65• At-risk for negative health and social consequences
Alcohol Abuse or Dependence	<ul style="list-style-type: none">• Heavy drinking has led to a physical need for alcohol and to other problems

Drinking Diary Cards

One way to keep track of how much you drink is the use of drinking diary cards. Use one card per week, recording the number of drinks you have each day. At the end of the week, add up the total number of drinks you had.

DAY	BEER	WINE	LIQUOR	DAILY TOTAL
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Starting Date: _____

Weekly Total:

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