

# A STANDARD DRINK

12 fl oz of = 8-9 fl oz of = 5 fl oz of = 3-4 oz of = 2-3 oz of = 1.5 oz of = 1.5 fl oz shot

Beer,  
Wine Cooler,  
Smirnoff Ice,  
Mike's Hard  
Lemonade

Malt Liquor

Table Wine

Fortified Wine  
(Thunderbird,  
Mad Dog 20/20)

Cordial  
Liquor,  
Shnapps

Brandy  
(Cognac,  
Hennessy,  
Courvoisier)

Liquor  
(a "shot")  
(vodka, gin,  
scotch, whiskey,  
bourbon, tequila)



about 5%  
alcohol



about 7%  
alcohol



about 12%  
alcohol



about 17%  
alcohol



about 24%  
alcohol



about 40%  
alcohol



about 40%  
alcohol

## NIAAA Standard Alcohol Guidelines:

### **MEN**

> 14 drinks/week  
> 4 drinks per occasion

### **WOMEN**

> 7 drinks/week  
> 3 drinks per occasion

### **MEN & WOMEN Older than 65**

>7drinks/week  
>3 drinks per occasion

Fewer if taking medications that interact with alcohol or have a health condition exacerbated by alcohol  
> 0 drinks/week for pregnant women or people < 21

