

# HOW MUCH ARE YOU DRINKING?

## KNOW WHAT A STANDARD DRINK IS.

Each drink below is a "standard drink." Beer, wine and liquor all have different amounts of alcohol in them, which is why standard drinks come in various sizes.



5 oz of wine,  
**12% ALCOHOL**



1.5 oz or a "shot" of  
80-proof spirits or liquor,  
**40% ALCOHOL**



12 oz of beer,  
**5% ALCOHOL**

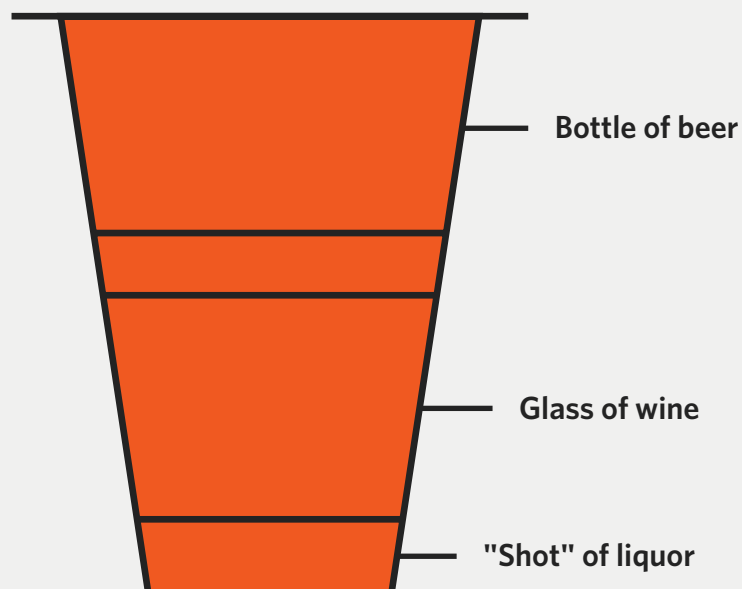


8 oz of malt liquor,  
**7% ALCOHOL**

## TIPS TO DRINK RESPONSIBLY

- A standard 16 oz plastic drinking cup can help you measure a "standard drink." The lines on the cup show you how much to pour of beer, wine or liquor without overdoing it.
- Be aware that one drink you order at the bar or make at home could be equal to two or three "standard drinks." It depends on the type and amount of alcohol in the drink.
- Get more information on standard drink sizes with the [Rethinking Drinking Drink Size Calculator](#).

### PLASTIC CUP



Know how much you're drinking so that you can identify your limit and drink responsibly.  
Learn more at [www.ownyourlimits.org/responsible-drinking/](http://www.ownyourlimits.org/responsible-drinking/)