A Standard Drink

| 12 fl oz Hard Seltzer (~5% alc/vol) | = | 12 fl oz Standard beer (~5% alc/vol) | = | 8-9 fl oz High % ABV Beer (~7% alc/vol) | = | 5 fl oz Wine/Champagne (~13% alc/vol) | = | 1 shot (1.5 fl oz) in Mixed Drink (~40% alc/vol) | = | 1.5 fl oz 80 proof shot (~40% alc/vol) |

BEER/CIDER/SELTZER:

The following = 1 standard drink:
- 12 oz. regular beer/cider(4-6% alc/vol)
- 12 oz. light beer (4-6% alc/vol)
- 12 oz. hard seltzer
- 10 oz. Mike's Hard Lemonade
- 10 oz. Smirnoff Ice
- 10 oz. Cider Jack
- 10 oz. Wine Cooler

The following = 1.5 standard drinks:
- 12 oz. malt liquor
- 12 oz. 7-8% alc/vol beer

4-6% alc/vol beer measurement***	# ounces	# standard drinks
Can/Bottle	12 oz	1
Pint	16 oz	1.3
Big Red Party/ Solo Cups	16 oz	1.3
Yard/Tall	24 oz	2
40 oz. Regular Beer	40 oz	3.3
40 oz. Malt Beer (most 40 oz bottles)	40 oz	5
Pitcher	64 oz	5.3
***if beer is stronger than 4-6%, it will count as more standard drinks. For example, a 12oz 10% beer = 2 standard drinks			

WINE and CHAMPAGNE:

The following count as 1 standard drink:
- 5 oz. glass of table/dinner wine
- 5 oz. champagne

The following count as 1.67 standard drinks:
- 5 oz. fortified wine, such as
  - port
  - sherry
  - cognac
  - sake

Wine Measurement	Number of ounces	Number of standard drinks
1 standard glass	5 oz	1
Standard Wine Bottle (smaller bottle)	750mL	5.1
Big Wine Bottle	40 oz	8
Bottle of Champagne	32 oz.	6.4
Magnum of Champagne	1.5 L	10.2
Half-gallon (1.5 L)	51 oz.	10.2
Gallon (3 L) (boxed wine)	101 oz	20.3

HARD ALCOHOL:

1 standard drink is a 1.5 oz shot of 80 Proof alcohol

Liquor Bottle	mL	oz	# Standard drinks, 80 proof alcohol
Nip	50 mL	1.7 oz	~1
Half Pint	200 mL	6.8 oz	4.5
Pint	375 mL	12.7 oz	~9
Fifth	750 mL	25.4 oz	~17
Quart	1 L	33.8 oz	~23
Half Gallon (Handle)	1.75 L	59.2 oz	~40

Alcohol	Strength	1.5 oz of = this many standard drinks
Rum, vodka, brandy, tequila, whisky, scotch, gin, Hennessey	80 Proof	1
Goldschlager, Jack Daniels (Black Label), Gin (Beefeater, Tanqueray)	100 Proof	1.25
Kahlua, Apricot brandy, coffee or fruit liqueurs	60 Proof	0.75
Bacardi 151	151 Proof	1.9
Everclear (or other grain alcohol)	190 Proof	2.5

Your most common drinks:

_____ = _____ standard drinks

_____ = _____ standard drinks

_____ = _____ standard drinks