



WHAT IS A STANDARD DRINK?

**12 fl oz of
regular
beer**



about 5%
alcohol

**8-10 fl oz of
malt liquor or flavored
malt beverages such
as hard seltzer
(shown in a 12 oz glass)**



about 7%
alcohol

**5 fl oz of
table wine**



about 12%
alcohol

**3-4 fl oz of
fortified wine
(such as sherry
or port; 3.5
oz shown)**



about 17%
alcohol

**2-3 fl oz of
cordial, liqueur,
or aperitif
(2.5 oz shown)**



about 24%
alcohol

**1.5 fl oz of
brandy
or cognac
(a single jigger
or shot)**



about 40%
alcohol

**1.5 fl oz
shot of
distilled spirits
(gin, rum,
tequila, vodka,
whiskey, etc)**



about 40%
alcohol

Each drink shown above contains 0.6 fluid ounces of "pure" ethanol and represent one U.S. "standard drink" or "alcoholic drink equivalent"