

Standard Drink Charts

Standard Drink Chart

12 fl oz of regular beer



about 5% alcohol

8-9 fl oz of malt liquor (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 (a single jigger or shot)



about 40% alcohol

1.5 fl oz shot of 80-proof spirits ("hard liquor")



about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

US Department of Health and Human Services. (2010). Rethinking drinking: Alcohol and your health. *NIH Pub*, (10-3770).

Standard Drink Measurements

1 drink = 12oz beer
5oz wine
1.5oz liquor



Liquor (80 proof = 40% alc/vol)

*Increase # drinks if liquor is 100 proof (50% alc/vol).



Shot
1.5oz = 1



Mixed Drink
Rum & cola = 1
Margarita = 1.5
Martini = 2
LI Ice Tea = 4-5



Nip
2oz = 1.6



Pint
16oz = 11
Fifth
26oz = 17
Liter/Quart
32oz = 21



Handle
1/2 gallon
3-5L = 24-40



Beer (5% alc)
12oz = 1
16oz = 1.5
22oz = 2



**Alcopop/
Wine Cooler**
(5% alc)
12oz = 1



Malt Beverage/Liquor
16oz (6-8% alc) = 2-3
16oz (12% alc) = 4
24oz (12% alc) = 5
40oz (6-9% alc) = 5-7

Wine (12% alc/vol)

*Increase # drinks if >12% alc/vol.



Glass
5oz = 1



Bottle
26oz = 6



Magnum
~ 2 reg. wine bottles
1.5L = 12



Jug/Cask
3-5L = 24-40