

# STANDARD DRINK CONVERSION



**One Standard Drink is equal to:**

**BEER (5% alc.)** → **12 oz. (341 ml.)**

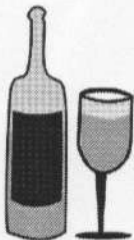


**WINE (12-17%)** → **5 oz. or**  
**FORTIFIED WINE** → **3 oz.**



**HARD LIQUOR** → **1-1/2 oz.**  
**(80-proof)**

**1 Standard Drink represents 13.6 grams of absolute alcohol**



**WINE: 1 Bottle**  
 25 oz./750ml. = 5 standard drinks  
 40 oz./1.14 L. = 8 standard drinks  
 25 oz. Fortified = 8 standard drinks



**HARD LIQUOR: 1 Bottle**  
 12 oz. (mickey) = 8 standard drinks  
 25 oz./750 ml. = 17 standard drinks  
 40 oz./1.14 L. = 27 standard drinks



National Clearinghouse for Alcohol and Drug Information

**CSAP** Center for Substance Abuse Prevention  
 Substance Abuse and Mental Health Services Administration

**For light beer or light wine, standard drinks are calculated in terms of a ratio. For example, 12 oz. of a 2.5% light beer=0.5 SDs, while 12 oz. of a 4% light beer=0.8.**

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