



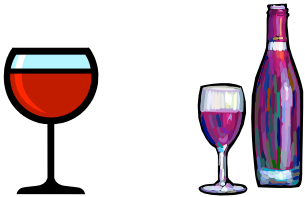
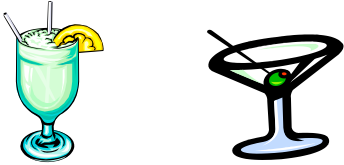
WHAT IS A STANDARD DRINK?

A standard drink (SD) is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces).

Below are different standard drink equivalents for different alcoholic beverages. Because there are many types of alcoholic beverages and brands, the exact content will vary.

Standard Drink Equivalents (% alcohol content)

Approximate Number of Standard Drinks in Different Beverages

<p>Beer^a or Wine Coolers (~5%)</p> 	<p>12 oz. can or bottle = 1.0 16 oz. can or bottle = 1.3 24 oz. can or bottle = 2.0 40 oz. bottle = 3.3</p>
<p>Malt Liquor (~7%)</p> 	<p>12 oz. can or bottle = 1.4 16 oz. can or bottle = 1.9 24 oz. can or bottle = 2.8 40 oz. bottle = 4.7</p>
<p>Table Wine^a (~12% - 14%)</p> 	<p>5 oz. glass = 1.0 25 oz. bottle = 5.0 40 oz. bottle = 8.0</p> <p>Fortified or sweet wine (18% - 20%) 1 SD = 3 oz.</p>
<p>Hard Liquor/Spirits (~40%; 80-proof)</p> 	<p>1.5 oz. spirits in a straight drink = 1.5 1.5 oz. spirits in a mixed drink = 1.5 12 oz. (mickey) = 8.0 25 oz. bottle = 17.0 40 oz. bottle = 27</p>

^aFor light beer or light wine, standard drinks (SDs) are calculated in terms of a ratio (e.g., 12 oz. of 2.5% light beer = 0.5 SDs; 12 oz. of 4% light beer = 0.8 SDs).