

Visit 2- What is a Standard Drink?

A heavy pour or a light pour? Learning more about the amount of alcohol in your standard drink

It is important to understand how much alcohol you are consuming, because alcohol is an addictive substance and a substance that contributes to high blood pressure, stroke, cancer, sleep disruptions, mood disruptions, and cognitive dysfunction.

Hence, we have created a unit called a “**Standard drink**” - a simple way to measure how much alcohol someone is consuming when they choose to drink beer, wine, cocktails, or liquor. For example:

These 12oz beers @4.5% ABV
= **1 standard drink**



Lagers,
Pilsners,
Sours, Radlers

These 12 oz beers @10% ABV
= **2 standard drink**



Imperial IPAs,
Double IPA, Strong
Ales, High Gravity

A 16 oz draft pour (pint) @10% ABV
= **3 standard drinks**



9-10% ABV

So, it is important to understand what you are drinking.

How Much do You Pour?

Each beverage portrayed below represents one U.S. standard drink. The percent of pure alcohol within a single drink varies within and across beverage types.

5-6%
alcohol



12 fl oz of
**regular
beer**

7-10%
alcohol



12 fl oz of
**craft beer
or malt
liquor**

12%-15%
alcohol



5 fl oz of
wine

17%
alcohol



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

24%
alcohol



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

40%
alcohol



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

40%+
alcohol



1.5 fl oz
shot of
**80-proof
distilled
spirits**

Controlling your Alcohol Consumption Volume

It can be hard to control the amount of alcohol that you pour into a glass. To help control the amount of alcohol, glassware and measuring devices are available that regulate the size of a Standard pour.



Controlling your Alcohol Consumption Volume

You may also find it valuable to know that standard plastic cups have lines that measure approximately 1oz, 5 oz, and 12 oz.

While you should not rely on these to monitoring your drinking, you may find this useful when considering your own habits and ways in which you can cut back on your consumption.



Check the Label!

The amount of alcohol varies in different beverages



If you want to know the alcohol content of a canned or bottled beverage, start by checking the label. *However, please know that not all beverages are required to list the alcohol content of their beverages.*






How Many Drinks Are in a Common Container?

A standard drink is defined as any beverage containing 0.6 fluid ounces or 14 grams of pure alcohol (also known as an alcoholic drink-equivalent).

The follow slide shows the approximate number of U.S. standard drinks or alcoholic drink-equivalents in different sized containers.

<https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/What-counts-as-a-drink/How-Many-Drinks-Are-In-Common-Containers.aspx>

How many drinks are in a common container?

regular beer (5% alc/vol)	malt liquor (7% alc/vol)	table wine (12% alc/vol)	80-proof distilled spirits (40% alc/vol)
<ul style="list-style-type: none"> • 12 fl oz = 1 • 16 fl oz = 1⅓ • 22 fl oz = 2 • 40 fl oz = 3⅓ 	<ul style="list-style-type: none"> • 12 fl oz = 1½ • 16 fl oz = 2 • 22 fl oz = 2½ • 40 fl oz = 4½ 	<ul style="list-style-type: none"> • 750 ml (a regular wine bottle) = 5 	<ul style="list-style-type: none"> • a shot (1.5-oz glass/50-ml bottle) = 1 • 375 ml (a "pint" or "half bottle") = 8½ • 750 ml (a "fifth") = 17  

Although the number of U.S. standard drinks (also known as alcoholic drink-equivalents) are helpful in following health guidelines, they may not reflect customary serving sizes of alcoholic beverages. In addition, while the alcohol concentrations listed are “typical,” there is considerable variability in alcohol content within and across beverage types (beer, wine, distilled spirits).



Today's Interactive Session:

Calculators

How much alcohol is really in your drink? How many calories? What's the cost to you per week, month, or year? Find out here.

Visit this Website to Calculate the amount of alcohol in the drinks that you typically consume. There are also calculators for the a number of calories you are consuming and the amount of money you are spending which you may find insightful.

You can revisit this page any time in the future to spend more time exploring it.

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/Default.aspx>



Cocktail Content Calculator

How strong is your mixed drink or cocktail? Depending on the recipe, you can have one, two, or more "standard" drinks (or alcoholic drink equivalents) in one cocktail or mixed drink.



Drink Size Calculator

Chances are, your cup or beverage label won't tell you the answer—but this calculator will.



Alcohol Calorie Calculator

Alcohol beverages supply calories but few nutrients and may contribute to unwanted weight gain. If you need to lose weight, looking at your drinking may be a good place to start.



Alcohol Spending Calculator

Do you know how much money you're spending on alcohol each week, month, or year? Over time, costs can add up quickly!



Blood Alcohol Concentration (BAC) Calculator

Use this calculator to estimate just how little alcohol it takes to put you on the "wrong side of the law".



Today's Writing Assignment:

Place today's date in our notebook.

Under today's date write: Visit 2

Then write 2-3 sentences describing things you want to remember about today's content.

For example:

"The next time I am tempted to drink I should check the label to see the amount of alcohol." "I should look for some options of low ABV or 0% ABV drinks"

Once you are done a staff member will come check on you and go over your written material with you.