

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



Nip

2oz = 1.6



Pint

16oz = 11

Fifth

26oz = 17

Liter/Quart

32oz = 21



Mixed Drink

Rum & cola = 1

Margarita = 1.5

Martini = 2

LI Ice Tea = 4-5



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

BNI-ART Institute, Boston University School of Public Health

NIAAA Safer Drinking Guidelines

Those at greater risk for illness and/or injury:

Men >14 drinks per week 5+ drinks per occasion (2-hour period)

Women >7 drinks per week 4+ drinks per occasion (2-hour period)

Age 65+ >7 drinks per week 2+ drink per day

Readiness Ruler

How ready are you to make any changes?

NOT READY

VERY READY

1	2	3	4	5	6	7	8	9	10

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