

Standard drinks

Each one of these is one standard drink. A standard drink contains approximately 10 grams of pure alcohol.



SPARKLING WINE

100 mL

13% alc/vol



WINE

100 mL

13% alc/vol



LIGHT BEER

425 mL

2.7% alc/vol



REGULAR BEER

285 mL

4.9% alc/vol



FORTIFIED WINE

60 mL

20% alc/vol



SPIRITS

30 mL

40 % alc/vol

Drinking guidelines: For healthy men and women, drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime. Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.



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Drink too much, you're asking for trouble.

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