

SPEAK VOLUMES

Not all drinks
★ ARE CREATED ★

EQUAL

Some can be the equivalent of three and even four drinks. Which is why we say speak in volumes and you'll speak volumes about how much you're drinking.



12-ounce beer
(5% ABV) = 1 drink



5-ounce glass of wine
(12% ABV) = 1 drink



16-ounce craft beer
(7.5% ABV) = 2 drinks



Martini
1.5-2 drinks



A "stiff" scotch on the rocks
= 2-3 drinks



Long Island Iced Tea
= 3-5 drinks



Margarita
= 2-3 drinks

What's a Standard Drink Size?

The simple answer: 0.6 fluid ounces of pure alcohol.

The not so simple answer: You can't drink pure alcohol. It's flammable. And it tastes awful. Even vodka, which at 100 proof is often called hard liquor, is only 50% alcohol. Then you have to factor in the size of the pour or, in the case of beer, the size of the glass.

What Is Binge Drinking?

Here's how the National Institute of Alcohol Abuse and Alcoholism (NIAAA) defines it: Drinking that brings blood alcohol levels to 0.8 g/dl. That typically occurs after four drinks in two hours for women and five in two hours for men.

Heavy drinking can lead to some heavy stuff — like relationship problems, losing your license, or even injury and death.

Know your drink. Know your limit.



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