

PSSST...

Don't tell your drink this, but

Not All Drinks
★ ★ are ★ ★

CREATED EQUAL

Some have two or more times the amount of alcohol. Which makes volume a key thing to know when you're counting drinks.

HOW LOUD IS YOUR DRINK?

SPEAK VOLUMES.nd.gov

Know your
DRINK
Know your
LIMIT



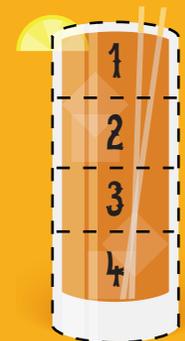
Pint Craft Beer
(7.5 AVB)



5 oz. Wine



Martini



*Long Island
Iced Tea*