

One drink isn't always one drink.

Standard Drinks Guide



1.5

375ml Full Strength Beer
4.9% Alc./Vol



1

375ml Mid Strength Beer
3.5% Alc./Vol



0.8

375ml Light Beer
2.7% Alc./Vol



1.5

375ml Pre-mix Spirits
5% Alc./Vol



1.2

300ml Alcoholic Soda
5% Alc./Vol



22

700ml Bottle of Spirits
40% Alc./Vol



7

750ml Bottle of Wine
12% Alc./Vol



38

4 Litres Cask Wine
12% Alc./Vol

To minimise health risks,
men should have no more than 4 standard drinks a day on *average*.
On *any one day*, men should have no more than 6 standard drinks.

Women should have no more than 2 standard drinks a day on *average*.
On *any one day*, women should have no more than 4 standard drinks.

Labels on alcoholic drink containers state the number
of standard drinks they contain.