

# 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

Note: An average restaurant serve of wine is usually 150 ml = 1.5 standard drinks.

Drinking guidelines: For healthy adults, who are not pregnant or breastfeeding, drinking no more than ten standard drinks a week and no more than four standard drinks on any one day reduces your risk of harm from alcohol-related disease or injury. The less you drink, the lower your risk of harm from alcohol.



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