

How Many Drinks Are you Really Having?



A can of regular beer is about:

1 Drink



A glass of wine is about:

1 Drink



A glass of craft beer is about:

2 Drinks



A martini is about:

1.5 - 2 Drinks



A "stiff" scotch on the rocks is about:

2-3 Drinks



A Long Island iced tea is about:

3-5 Drinks



A margarita is about:

2-3 Drinks

What is a **Standard Drink?**



1.5 ounces Distilled Spirit (40% Alcohol)



12 ounces Beer (5% Alcohol)



5 ounces Wine (12% Alcohol)

A "standard drink" contains 14 grams or 0.6 fluid ounces of pure alcohol.





