

ALCOHOL, BY THE NUMBERS

A “standard drink” is:



5.5 ounces of wine

@ 12% ALCOHOL
BY VOLUME



12 ounces of beer

@ 5% ALCOHOL
BY VOLUME



1.5 ounces of liquor

@ 40% ALCOHOL
BY VOLUME

4+

Four or more standard drinks consumed during a single occasion is defined as binge-drinking.



Craft beers can have up to 20% alcohol by volume; equivalent to 4 standard drinks.

2

Moderate drinking for men is defined as two standard drinks per day.



Approx. 88,000 deaths annually are attributed to excessive alcohol consumption.



1

One standard drink per day for women is considered moderate drinking.