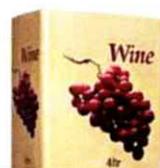
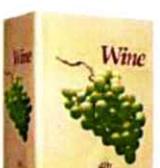
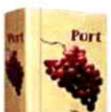


Standard Drink Measures

NUMBER OF STANDARD DRINKS – BEER								
								
1.1 285ml Full Strength 4.8% Alc Vol	0.8 285ml Mid Strength 3.5% Alc Vol	0.6 285ml Low Strength 2.7% Alc Vol	1.6 425ml Full Strength 4.8% Alc Vol	1.2 425ml Mid Strength 3.5% Alc Vol	0.9 425ml Low Strength 2.7% Alc Vol	1.4 375ml Full Strength 4.8% Alc Vol	1 375ml Mid Strength 3.5% Alc Vol	0.8 375ml Low Strength 2.7% Alc Vol
								
1.4 375ml Full Strength 4.8% Alc Vol	1 375ml Mid Strength 3.5% Alc Vol	0.8 375ml Low Strength 2.7% Alc Vol	34 24 x 375ml Full Strength 4.8% Alc Vol			24 24 x 375ml Mid Strength 3.5% Alc Vol		19 24 x 375ml Low Strength 2.7% Alc Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks

NUMBER OF STANDARD DRINKS – WINE						
						
1.5 150ml Average Restaurant Serving of Red Wine 13% Alc Vol	1 100ml Standard Serve of Red Wine 13% Alc Vol	0.8 60ml Standard Serve of Port 17.5% Alc Vol	1.4 150ml Average Restaurant Serving of White Wine 11.5% Alc Vol	0.9 100ml Standard Serve of White Wine 11.5% Alc Vol	1.4 150ml Average Restaurant Serve of Champagne 12% Alc Vol	7.1 750ml Bottle of Champagne 12% Alc Vol
						
7.7 750ml Bottle of Red Wine 13% Alc Vol	41 4 Litres Cask Red Wine 13% Alc Vol	21 2 Litres Cask Red Wine 13% Alc Vol	6.8 750ml Bottle of White Wine 11.5% Alc Vol	36 4 Litres Cask White Wine 11.5% Alc Vol	18 2 Litres Cask White Wine 11.5% Alc Vol	28 2 Litres Cask of Port 17.5% Alc Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks

NUMBER OF STANDARD DRINKS – SPIRITS

							
1	22	1.1	1.2	2.6	1.5	1.8	3.6
30ml	700ml	275ml	330ml	660ml	275ml	330ml	660ml
High Strength Spirit Nip	High Strength Bottle of Spirits	Full Strength RTD*	Full Strength RTD*	Full Strength RTD*	High Strength RTD*	High Strength RTD*	High Strength RTD*
40% Alc. Vol	40% Alc. Vol	5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	7% Alc. Vol	7% Alc. Vol	7% Alc. Vol
							
1	1.2	1.5	1.7	1.4 – 1.9	1.6	2.1	2.4
250ml	300ml	375ml	440ml	250ml	300ml	375ml	440ml
Full Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits			
5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	7% – 10% Alc. Vol	7% Alc. Vol	7% Alc. Vol	7% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

* Ready-to-Drink

Source: Australian Government – Department of Health

<http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard>

Note: A standard drink contains 10 grams of pure alcohol