

## Standard Drink Measurements

1 drink = 12oz beer  
5oz wine  
1.5oz liquor



## Liquor (80 proof = 40% alc/vol)

\*Increase # drinks if liquor is 100 proof (50% alc/vol).



### Shot

1.5oz = 1



### Nip

2oz = 1.6



### Pint

16oz = 11

### Fifth

26oz = 17

### Liter/Quart

32oz = 21



### Mixed Drink

Rum & cola = 1

Margarita = 1.5

Martini = 2

LI Ice Tea = 4-5



### Handle

1/2 gallon

3-5L = 24-40



### Beer (5% alc)

12oz = 1

16oz = 1.5

22oz = 2



### Alcopop/ Wine Cooler

(5% alc)

12oz = 1



### Malt Beverage/Liquor

16oz (6-8% alc) = 2-3

16oz (12% alc) = 4

24oz (12% alc) = 5

40oz (6-9% alc) = 5-7

## Wine (12% alc/vol)

\*Increase # drinks if >12% alc/vol.



### Glass

5oz = 1



### Bottle

26oz = 6



### Magnum

~ 2 reg. wine bottles

1.5L = 12



### Jug/Cask

3-5L = 24-40

BNI-ART Institute, Boston University School of Public Health

## NIAAA Safer Drinking Guidelines

Those at greater risk for illness and/or injury:

**Men** >14 drinks per week 5+ drinks per occasion (2-hour period)

**Women** >7 drinks per week 4+ drinks per occasion (2-hour period)

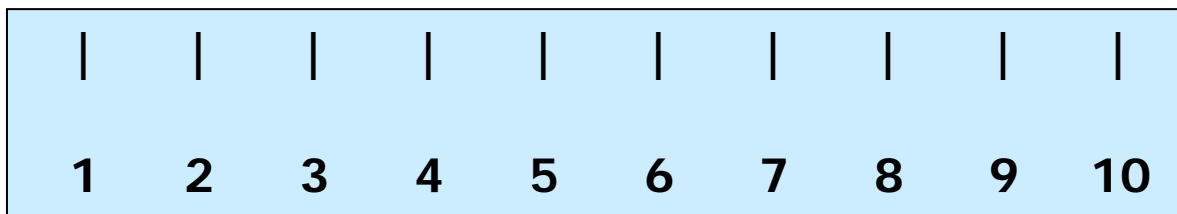
**Age 65+** >7 drinks per week 2+ drink per day

## Readiness Ruler

How ready are you to make any changes?

NOT READY

VERY READY



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