

Counting your drinks



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Use Research

Alcohol comes in different strengths and different container sizes. This can make it hard to figure out which products have more or less alcohol overall. Knowing the number of standard drinks can help you compare different products and track how much alcohol you are drinking.

Beer



8% 355 mL can
= **1.5** standard drinks



5.5% 473 mL can (tallboy)
= **1.5** standard drinks

7% 473 mL can (tallboy)
= **2** standard drinks



Wine



12.5% 750mL bottle
= **5.5** standard drinks

14% 750mL bottle
= **6** standard drinks



Hard liquor



40% 375mL bottle (mickey)
= **9** standard drinks

40% 750mL bottle (26-er)
= **17.5** standard drinks



45% 375mL bottle (mickey)
= **10** standard drinks



Sherry (fortified wine)



18% 750mL bottle
= **8** standard drinks

20% 750mL bottle
= **9** standard drinks

