

# Standard drink equivalents



## Beer or cooler

12 oz,  
~5% alcohol

12 oz = 1  
16 oz = 1.3  
22 oz = 2  
40 oz = 3.3

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## Malt liquor

8-9 oz,  
~7% alcohol

12 oz = 1.5  
16 oz = 2  
22 oz = 2.5  
40 oz = 4.5

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## Table wine

5 oz,  
~12% alcohol

A 750-mL (25-oz)  
bottle = 5

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## 80-proof spirits

(hard liquor),  
1.5 oz,  
~40% alcohol

A mixed drink = 1 or more\*  
A pint (16 oz) = 11  
A fifth (25 oz) = 17  
1.75 L (59 oz) = 39

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\* Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

Source: National Institute on Alcohol Abuse and Alcoholism.

[http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket\\_guide2.htm](http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket_guide2.htm)