

# Standard Drink Guide



**1.1**      **1.6**  
285ml      425ml  
Full Strength Beer  
4.9% Alc./Vol



**0.8**      **1.2**  
285ml      425ml  
Mid Strength Beer  
3.5% Alc./Vol



**0.6**      **0.9**  
285ml      425ml  
Light Beer  
2.7% Alc./Vol



**1.5**  
375ml  
Full Strength Beer  
4.9% Alc./Vol



**1**  
375ml  
Mid Strength Beer  
3.5% Alc./Vol



**0.8**  
375ml  
Light Beer  
2.7% Alc./Vol



**1.5**  
375ml  
Pre-mix Spirits  
5% Alc./Vol



**1.2**  
300ml  
Pre-mix Spirits  
5% Alc./Vol



**1**  
30ml  
Spirits Nip  
40% Alc./Vol



**22**  
700ml  
Bottle of Spirits  
40% Alc./Vol



**1**  
30ml  
Spirit Shot  
40% Alc./Vol



**1**  
60ml/Sherry  
Glass  
20% Alc./Vol



**1.5**  
170ml  
Average Serve of  
Sparkling Wine/Champagne  
11.5% Alc.Vol



**1.5**  
150ml  
Average Serve of Wine  
12.5% Alc.Vol



**7.5**  
750ml  
Bottle of Wine  
12.5% Alc.Vol

Note. Labels on alcoholic drink containers state the number of Standard Drinks in the container.

Check the label to find out how many Standard Drinks are in the bottle or can.

The Standard Drinks shown are calculated to one decimal place.

To make counting your drinks easier, you can round the numbers up or down.

For example count 0.9 as 1.0 and 1.6 as 1.5.