

# WHAT IS A STANDARD DRINK?







**Any alcoholic drink that contains 10 grams of pure alcohol is called a STANDARD DRINK. Different types of alcoholic drinks contain different amounts of pure alcohol.**

The use of **standard drinks** can help people to monitor their alcohol consumption and exercise control over the amount they drink.

**But keep in mind:**

- The **'standard' size of drinks served in some hotels may be more than the standard drinks** you are used to. Large wine glasses can hold two standard drinks or even more.
- **Drinks served at home often contain more alcohol** than a standard drink.
- **Cocktails can contain as many as five or six standard drinks**, depending on the recipe.

**These alcoholic drinks all contain MORE than one standard drink.**

 <p>One bottle (375 ml) of pre-mixed spirit = <b>1.2–1.75 standard drinks</b></p>	 <p>A stubby (375 ml) of cider = <b>1.5 standard drinks</b></p>
 <p>An average restaurant glass of champagne = <b>1.5 standard drinks</b></p>	 <p>An average restaurant/ bar glass of wine = <b>1.5–1.75 standard drinks</b></p>
 <p>A bottle (750mls) of wine 7–8.8 standard drinks = <b>1.5 standard drinks</b></p>	 <p>A bottle (700mls) of spirits = <b>20–24 standard drinks</b></p>




**Mid-strength beer**  
3-4% Alc/Vol  
**1 Standard drink**  
per 375ml



**Mid-strength beer**  
3-4% Alc/Vol  
**0.8 Standard drink**  
per 285ml



**Spirits**  
37-43% Alc/Vol  
**1 Standard drink**  
per 30ml



**Wine**  
10-14% Alc/Vol  
**1 Standard drink**  
per 100ml



**Full strength beer**  
4-6% Alc/Vol  
**1 Standard drink**  
per 285ml



**Full strength beer**  
4-6% Alc/Vol  
**1.5 Standard drink**  
per 375ml



**Pre-mixed drinks**  
5% Alc/Vol  
**1.5 Standard drink**  
per 375ml

National Health and Medical Research Council (NHMRC) guidelines recommend that not drinking alcohol is the safest option for children and young people under 18 years of age, and to delay the initiation of drinking for as long as possible. (Source: National Health and Medical Research Council, 2009, *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*. p57, Commonwealth of Australia, Canberra, ACT).

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