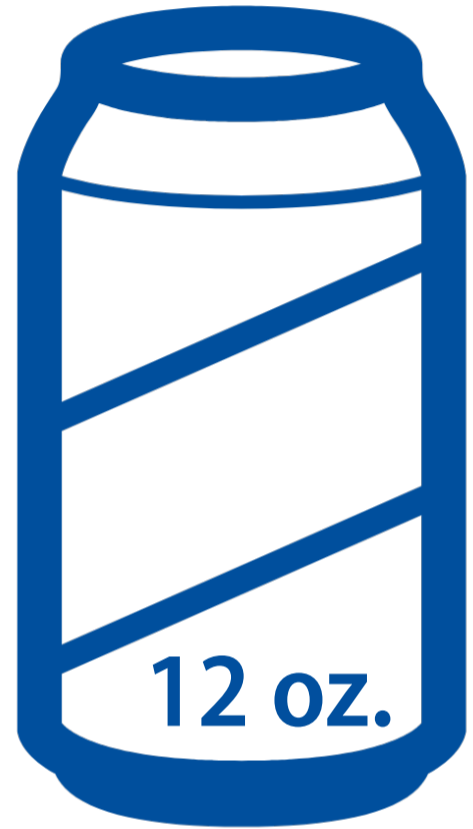
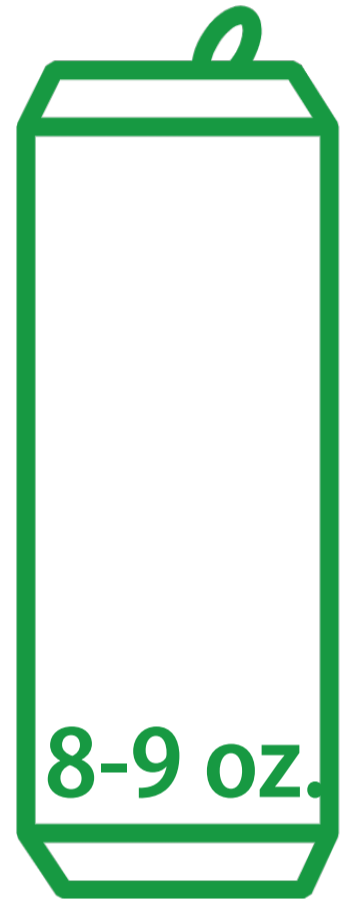


What's in Your Cup?

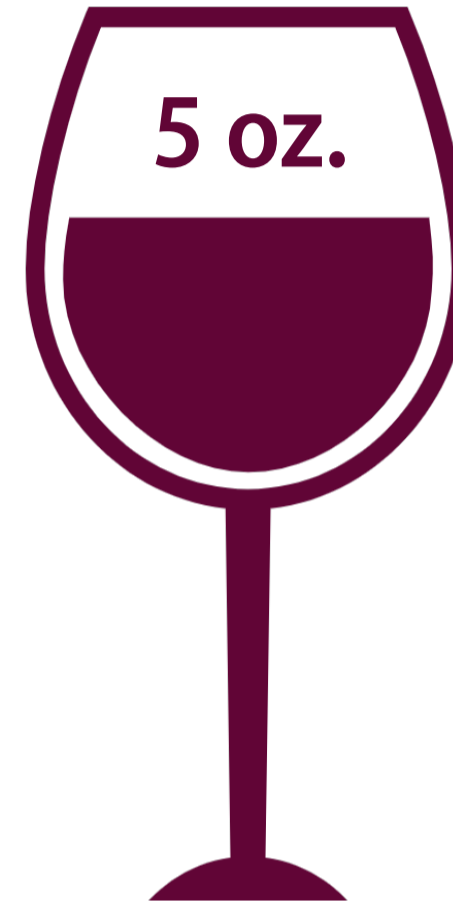
Standard Drink Sizes



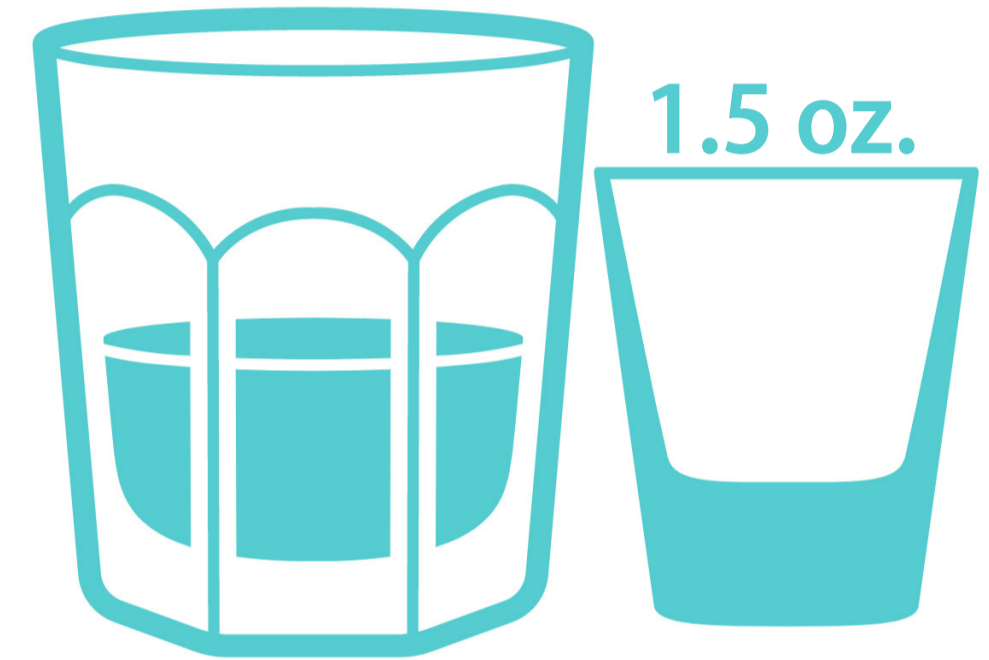
Beer
~ 5% alcohol



Malt Beverages
(spiked seltzer, hard
lemonade, etc.)
~ 7% alcohol



Wine
~ 12% alcohol



Distilled Liquors
(tequila, vodka,
whisky, gin, etc.)
~ 40% alcohol

Each of the drinks above contains the same amount of pure alcohol (.6 fl oz). This is known as a “**standard drink**,” which is the measurement used to keep track of the amount of alcohol consumed in any given time period.



Keep in mind: Drinks are often made, sold, and served in containers that are more than one standard drink. Keep track by knowing what you are drinking, checking labels, and measuring your own drinks.

