

Know your standard drinks

Red wine



13% alcohol
150ml=
1.5 standard drinks

White wine



11.5% alcohol
150ml=
1.4 standard drinks

Schooner of beer



4.8% alcohol
425ml=
1.6 standard drinks

Shot glass of spirits



40% alcohol
30ml=
1 standard drink

Cocktail



40% alcohol
60-90ml=
2-3 standard drinks

Glass of champagne



12% alcohol
150ml=
1.4 standard drinks