Standard Drink Guide

1.1 285ml Full Strength Beer 4.9% Alc./Vol
1.6 425ml Full Strength Beer 4.9% Alc./Vol
0.8 285ml Mid Strength Beer 3.5% Alc./Vol
1.2 425ml Mid Strength Beer 3.5% Alc./Vol
0.6 285ml Light Beer 2.7% Alc./Vol
0.9 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 Spirit Nip 40% Alc./Vol
22 700ml Bottle of Spirits 40% Alc./Vol
1 30ml Spirit Shot 40% Alc./Vol

1 60ml Port/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.