HOW MUCH ARE YOU DRINKING?

Know Standard Drink Sizes

Binge Drinking:

- 4 or more standard drinks in two hours for females*
- 5 or more standard drinks in two hours for males.*

*Just because you don’t feel intoxicated doesn’t mean the alcohol isn’t impacting your body.

Pace yourself and limit your consumption.

12 ounces of light beer = 1 standard drink

8.5 ounces of a Microbrew = 1 standard drink

4-5 ounces of wine = 1 standard drink

750 ml wine bottle = 5-7 standard glasses of wine

1.5 ounces of hard alcohol = 1 standard drink

1.5 ounces of Everclear = 3 standard drinks

Filled solo cup with punch/mixed drink = 5-10 standard shots of hard alcohol