

# 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