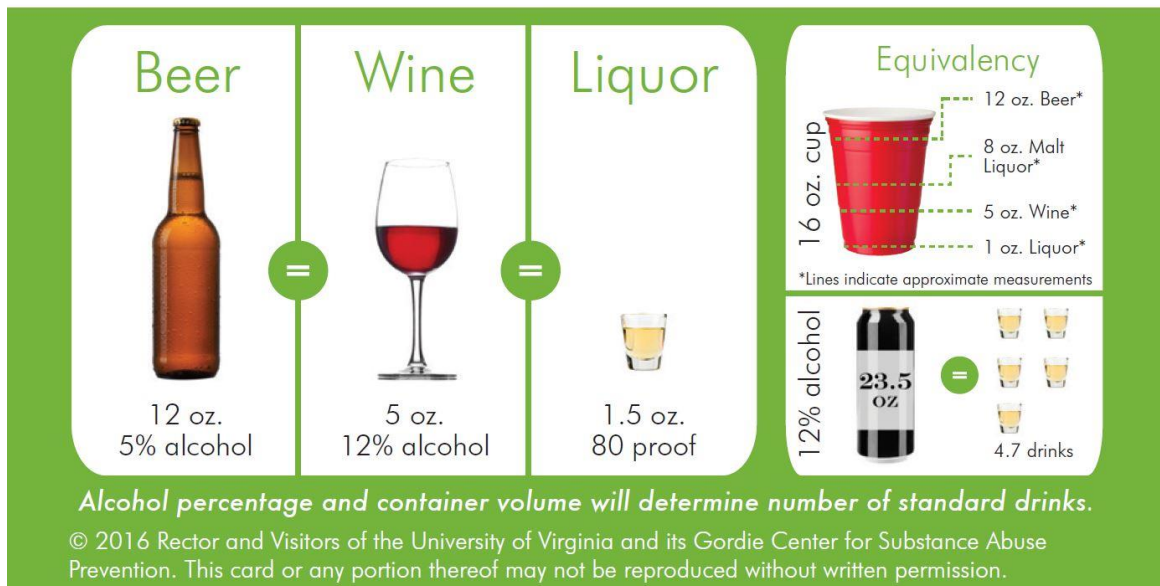


## Estimating Alcohol Quantities

As a general rule to promote moderate drinking, provide no more than 1 drink per person per hour.

**1 Standard Drink = 0.6 fluid oz. of 100% alcohol**



For **beer (5% alcohol)**, the approximate number of standard drinks in

- Pony keg (7.75 gallons, 12 ounce cups) = 82
- U.S. keg/half barrel (15.5 gallons, 12 ounce cups) = 165

For **table wine (12% alcohol)**, the approximate number of standard drinks in

- a standard 750-mL (25-oz.) bottle = 5
- a magnum (64 ounces) = 13

For **80-proof spirits**, or “hard liquor,” the approximate number of standard drinks in

- a mixed drink = 1 or more\*
- a pint (16 oz.) = 11
- a fifth (25 oz.) = 17
- a handle (1.75 L or 59 oz.) = 39

For **100-proof spirits**, or “hard liquor,” the approximate number of standard drinks in

- a mixed drink = 1 or more\*
- a pint (16 oz.) = 16
- a fifth (25 oz.) = 25
- a handle (1.75 L or 59 oz.) = 49

**\*Note:** It can be difficult to estimate the number of standard drinks in a single mixed drink made with hard liquor. Depending on factors such as the type of spirits and the recipe, a mixed drink can contain from one to three or more standard drinks.

Primary Sources: <http://pubs.niaaa.nih.gov/publications/Tips/tips.htm> and <http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/DrinkSizeCalculator.asp>