

One drink isn't always one drink.

Standard Drinks Guide

							
1.5 375ml Schooner† Full Strength Beer 4.9% Alc./Vol	1 375ml Schooner† Mid Strength Beer 3.5% Alc./Vol	0.8 375ml Schooner† Light Beer 2.7% Alc./Vol	1 285ml Middy/Pot* Full Strength Beer 4.9% Alc./Vol	0.7 285ml Middy/Pot* Mid Strength Beer 3.5% Alc./Vol	0.5 285ml Middy/Pot* Light Beer 2.7% Alc./Vol		
							
1 30ml Alcoholic Shot 40% Alc./Vol	1 30ml Spirit Nip with Mixer 40% Alc./Vol	1 30ml Spirit Nip 40% Alc./Vol	0.9 60ml Port/Sherry Glass 18% Alc./Vol	1 100ml Small Serve of Wine 12% Alc./Vol	1.8 180ml Average Restaurant Serve of Wine 12% Alc./Vol	1.5 170ml Average Serve of Sparkling Wine/ Champagne 11.5% Alc./Vol	7 750ml Bottle of Wine 12% Alc./Vol

* NSW, WA, ACT = Middy; VIC, QLD, TAS = Pot; NT = Handle/Pot; SA = Schooner † NSW, VIC, QLD, NT, ACT = Schooner; SA, TAS, WA = Pint

To minimise health risks,
men should have no more than 4 standard drinks a day on *average*.
On *any one day*, men should have no more than 6 standard drinks.

Women should have no more than 2 standard drinks a day on *average*.
On *any one day*, women should have no more than 4 standard drinks.



Australian Government
Department of Health and Ageing



www.alcohol.gov.au