

What is a “Standard Drink”?

In the U.S., a “standard drink” is defined as any drink that contains about 0.6 fluid ounces of 14 grams of pure alcohol.

The drinks below are different sizes containing approximately the same amount of alcohol equivalent to one U.S. standard drink.

The percentage of alcohol varies across beverage types. The standard drink guidelines shown here may not reflect serving sizes at different alcohol retailers and may be different depending on the strength (% alcohol) of the drink in question.

For help determining how many “standard drinks” are in certain beverages by container size, visit Rethinking Drinking: <https://rethinkingdrinking.niaaa.nih.gov/>



Beer



5%
alcohol
12 fl oz.

Malt liquor



7%
alcohol
10 fl oz.
(12 oz. glass shown)

Table wine



12%
alcohol
5 fl oz.

Fortified wine (sherry, port)



17%
alcohol
3–4 fl oz.

Cordial or liquor



24%
alcohol
2.5 oz.

Brandy or cognac



40%
alcohol
1.5 fl oz.

Distilled Spirits (tequila, rum, whisky, etc)



40%
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