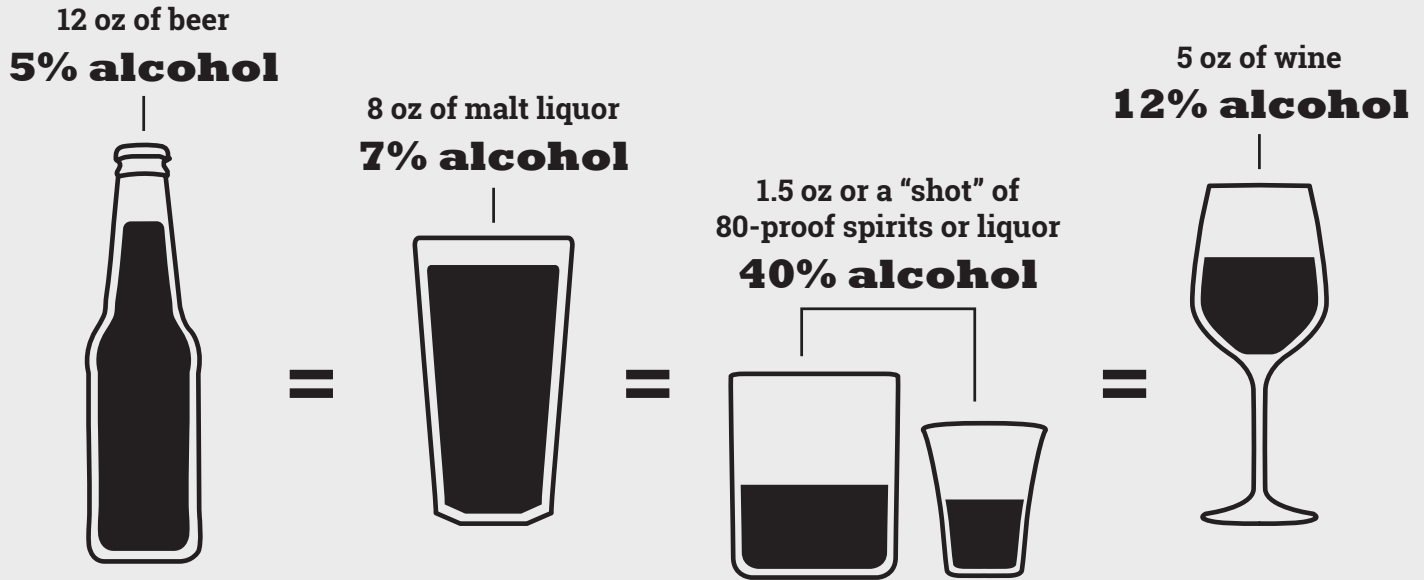


HOW MUCH ARE YOU DRINKING?

WHAT IS A STANDARD DRINK?



Each of the drinks above is a "standard drink." Because beer, wine and liquor all have different amounts of alcohol in them, standard drinks come in various sizes.

DID YOU KNOW?

- A standard 16 oz plastic drinking cup can help you measure a "standard drink." The lines on the cup show you how much to pour of beer, wine or liquor without overdoing it.
- Be aware that the drink you order at the bar could be equal to two or three "standard drinks." It depends on the type and amount of alcohol in the drink.

Learn more at

ThatGuy.com/Drinking-Facts

Bottle
of beer

Shot of
liquor

Glass
of wine



Contact Us: dha.ncr.comm.mbx.drink-responsibly@mail.mil

