

Alcohol 101:

What is 1 drink? Less than you think.

Quick Quiz

How many ounces makes 1 serving of 5% beer? Or of 40% hard alcohol? Many of us think we know—but...is what you know accurate?

One Drink = ½ oz. Of Ethyl Alcohol

Serving size	Type of alcohol	% Alcohol	
		Typical %	Range
12 oz.	Beer (may be "Lite")	4 %	4 - 5.5
10 oz	Beer (standard brand beer), Ale, Lager (also some Microbrew)	5 %	4.5 - 5.5
10 oz. (for 5%) 8 oz (for 6%) 7 oz (for 7%)	Wine Coolers, Hard Lemonade or Cider "Malt Beverages"	Varies 5-8	4.5 - 8
9 oz. (for 5.6%) 8 oz (for 5.9%)	Ice beer	5.6 %	5.5 - 5.9
8 oz. (for 6%)	Microbrew	6 %	5 - 8
8 oz. (for 6%)	Canadian Beer	6 %	5.0 - 7.5
8 oz. (for 6%)	Malt liquor	6 %	5.5 - 10
7 oz. (for 7.5%)	Ice malt liquor	7.5 %	6.5 - 9
4 oz. (for 12%)	Wine (table wine)	12 %	10 - 14
3 oz. (for 15 to 18%)	Fortified wine	18 %	15 - 22
2.0 oz (for 24 or 25%)	Liqueurs	24 %	20-40
1.25 oz.	80 proof (40%) hard alcohol	40 %	40
1 oz.	100 proof (50%) hard alcohol	50 %	50
0.66 oz.	151	75 %	75

Other important information to know:

Beer: 22 oz 5% beer = 2.2 drinks 40 oz bottle = 4 drinks 5% beer [3.3 of 4% beer]
Malt Liquor: 22 oz 6% malt liquor = 2.75 drinks 40 oz bottle = 5 drinks 6% malt liquor

0.5 oz ethyl alcohol / % alcohol by volume = serving size (oz)

For Typical Hard Alcohol Brands— **80 proof:** (0.5 / .40 (80 proof is 40 % alcohol) = 1.25 ounces)

1 serving = 1.25 oz	4 servings = 5.0 oz	7 servings = 8.75 oz
2 servings = 2.50 oz	5 servings = 6.25 oz	8 servings = 10.0 oz
3 servings = 3.75 oz	6 servings = 7.5 oz	9 servings = 11.25 oz

Other important Details To Know:

<u>Container size</u>	<u>metric</u>	<u>ounces</u>	<u>(80 proof) servings of 40% alc.</u>	<u>(100 proof) 50%</u>
Half-Pint	200 ml	6.8 oz	5.4 servings	7
Pint	500 ml	16.9 oz	13.5 servings	17
Fifth	750 ml	25.4 oz	20.3 servings	25.5

1 fifth of Bacardi 151 equals 38.5 drinks (.66 oz = one drink of 75%, 151 proof alcohol)

1 fifth of wine (standard size wine bottle) or champagne = 6.3 drinks

All “Shot” glasses are not the same.

- Capacity can range from one ounce up to three ounces or even more!
- Most do **not** have any indication of how many ounces they hold.
- Most hold MORE than one standard serving if measuring the typical 40% - 80 proof hard alcohol. (the typical small glass shot glass holds 2 oz.—1.6 servings)
- Measure your shot glass capacity—so you know how much it holds, AND what one serving of 1.25 ounces looks like in that particular shot glass.

THEN—use the shot glass and measure how much alcohol is really going in that drink.

People often make mixed drinks in cups or glasses that are 12 to 16 ounces, or larger.

Human beings have a strong tendency to want to “make the proportions LOOK right”.

In doing this, it is extremely easy to over pour, thinking you have poured just one serving.

Safety Tips:

- Remember to **adjust the size of one serving depending on the alcohol content** of that alcohol beverage. **Check the label** on the bottle to determine alcohol % by volume—and know what is ONE serving for beverages with that alcohol %.
- In keeping track of how many drinks you have had, remember to **count SERVINGS, not how many cups or glasses** you have consumed.
- Metal shot glasses ALWAYS hold much more than a glass “shot glass” of the same size.

Consider your standard *Keg Cup* — this container can hold 20 ounces of liquid when filled almost to the brim.

This means it holds **2** servings of 5% beer—or 1.6 servings of 4% beer.

Safety cautions about beer:

- If you **fill** your *Keg Cup* (with beer)—count that as 2 drinks instead of 1,
- leave at least 1 inch of space between the top of the liquid and the rim of the cup.

Safety cautions about Mixed drinks:

- If a mixed drink is being made in *Keg Cup*—1 serving of 40% hard alcohol is only about 1/4 inch in the bottom of the cup (just above the very lowest ridge on the outside of the cup).
- if more hard alcohol than about 1/4 inch is being used—measure.
Know how many servings are being put into the cup.
THEN, count the number of servings consumed—not the number of cups.
- ➡ If you make a mixed drink in a Keg Cup with about 4.5 ounces of 40% hard alcohol (fills about up to the 1.5 inch mold line)—that is 3.6 drinks — not 1
- ➡ If you have 2 drinks [mixed in keg cups] where the alcohol was ‘measured’ by the 1.5 inch mold line, this is NOT 2 drinks (2 “cups”), it is equal to about 7.2 drinks. The night will turn out very differently than expected for 2 drinks—and may bring some unwanted outcomes.