

What is ONE drink?



Beer

5% alcohol

341 ml (12 oz)



Wine

12% alcohol

142 ml (5 oz)



Spirits or Liquor

40% alcohol

43 ml (1.5 oz)

What is MORE than one drink?



Draught Beer

5% alcohol

518 ml (18 oz)

1.5 drinks



Coolers

7% alcohol

341 ml (12 oz)

1.5 drinks



Mixed Drinks

40% alcohol

86 ml (3 oz)

2 drinks

- Even one drink increases your risk of injury and chronic disease.
- Service sizes are often larger than one drink.
- Know the strength of your drink.

Adapted and reproduced with permission from Durham Region Health Department.

For more information:
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