

Standard drink equivalents



Beer or cooler

12 oz.,
~5% alcohol

12 oz. = 1
16 oz. = 1.3
22 oz. = 2
40 oz. = 3.3



Malt liquor

8-9 oz.,
~7% alcohol

12 oz. = 1.5
16 oz. = 2
22 oz. = 2.5
40 oz. = 4.5



Table wine

5 oz.,
~12% alcohol

a 750 mL (25 oz.)
bottle = 5



80-proof spirits

(hard liquor),
1.5 oz.,
~40% alcohol

a mixed drink = 1 or more*
a pint (16 oz.) = 11
a fifth (25 oz.) = 17
1.75 L (59 oz.) = 39

* Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

Source: NIAAA