

Appendix B: Standard drink sizes for commonly consumed drinks

NUMBER OF STANDARD DRINKS – BEER



1.1

285ml

Full Strength
4.8% Alc. Vol



0.8

285ml

Mid Strength
3.5% Alc. Vol



0.6

285ml

Low Strength
2.7% Alc. Vol



1.6

425ml

Full Strength
4.8% Alc. Vol



1.2

425ml

Mid Strength
3.5% Alc. Vol



0.9

425ml

Low Strength
2.7% Alc. Vol



1.4

375ml

Full Strength
4.8% Alc. Vol



1

375ml

Mid Strength
3.5% Alc. Vol



0.8

375ml

Low Strength
2.7% Alc. Vol



1.4

375ml

Full Strength
4.8% Alc. Vol



1

375ml

Mid Strength
3.5% Alc. Vol



0.8

375ml

Low Strength
2.7% Alc. Vol



34

24 x 375ml

Full Strength
4.8% Alc. Vol



24

24 x 375ml

Mid Strength
3.5% Alc. Vol



19

24 x 375ml

Low Strength
2.7% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

NUMBER OF STANDARD DRINKS – WINE



1.5

150ml

Average

Restaurant Serving
of Red Wine
13% Alc. Vol



1

100ml

Standard Serve
of Red Wine
13% Alc. Vol



0.8

60ml

Standard Serve
of Port
17.5% Alc. Vol



1.4

150ml

Average

Restaurant Serving
of White Wine
11.5% Alc. Vol



0.9

100ml

Standard Serve
of White Wine
11.5% Alc. Vol



1.4

150ml

Average Restaurant
Serve of Champagne
12% Alc. Vol



7.1

750ml

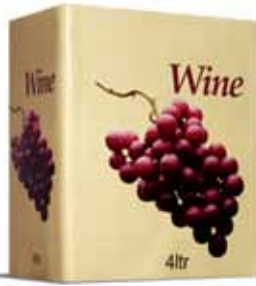
Bottle of Champagne
12% Alc. Vol



7.7

750ml

Bottle of Red Wine
13% Alc. Vol



41

4 Litres

Cask Red Wine
13% Alc. Vol



21

2 Litres

Cask Red Wine
13% Alc. Vol



6.8

750ml

Bottle of White Wine
11.5% Alc. Vol



36

4 Litres

Cask White Wine
11.5% Alc. Vol



18

2 Litres

Cask White Wine
11.5% Alc. Vol



28

2 Litres

Cask of Port
17.5% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

NUMBER OF STANDARD DRINKS – SPIRITS

							
1	22	1.1	1.2	2.6	1.5	1.8	3.6
30ml	700ml	275ml	330ml	660ml	275ml	330ml	660ml
High Strength Spirit Nip	High Strength Bottle of Spirits	Full Strength RTD*	Full Strength RTD*	Full Strength RTD*	High Strength RTD*	High Strength RTD*	High Strength RTD*
40% Alc. Vol	40% Alc. Vol	5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	7% Alc. Vol	7% Alc. Vol	7% Alc. Vol
							
1	1.2	1.5	1.7	1.4 – 1.9	1.6	2.1	2.4
250ml	300ml	375ml	440ml	250ml	300ml	375ml	440ml
Full Strength Pre-mix Spirits	Full Strength Pre-mix Spirits	Full Strength Pre-mix Spirits	Full Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits	High Strength Pre-mix Spirits
5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	5% Alc. Vol	7% – 10% Alc. Vol	7% Alc. Vol	7% Alc. Vol	7% Alc. Vol

These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

* Ready-to-Drink