













Standard Drink Calculator

Drink containers can vary in the amount of alcohol they contain. Below is a guide for the number of standard drinks per each of the common drink containers listed.



Table Wine (12% alc/vol)	Regular Beer (5% alc/vol)	80-proof Spirits (40% alc/vol)	Malt Liquor (7% alc/vol)
750 mL (standard wine bottle) = 5	12 fl oz = 1 16 fl oz = 1 1/3 22 fl oz = 2 40 fl oz = 3 1/3	A shot (1.5 fl oz) = 1 Mixed drink = 1 or more Half pint (8 fl oz) = 4.5 Pint or half bottle (16 fl oz) = 8.5 A fifth (32 fl oz) = 17	12 fl oz = 1.5 16 fl oz = 2 22 fl oz = 2.5 40 fl oz = 4.5

A mixed drink can equate to more than one standard drink, depending on the recipe and the particular pour. Below is a guide for the approximate number of standard drinks for each of the common mixed drinks listed.

Bourbon and Water	Cosmopolitan	Gin and Tonic
 = 1.3 standard drinks	 = 1.3 standard drinks	 = 1.6 standard drinks
Long Island Iced Tea	Margarita	Martini – Extra Dry
 = 2.2 standard drinks	 = 1.7 standard drinks	 = 1.4 standard drinks
Martini – Traditional	Mojito	Piña Colada
 = 1.3 standard drinks	 = 1.3 standard drinks	 = 2.0 standard drinks
Screwdriver	Strawberry Daiquiri	Vodka and Tonic
 = 1.3 standard drinks	 = 2.0 standard drinks	 = 1.3 standard drinks

