



DO YOU KNOW HOW MUCH YOU'RE DRINKING?

A Standard drink is:

- One 12-ounce bottle of beer* or wine cooler (5 percent alcohol or less) .
- One 5-ounce glass of wine (9 14 percent alcohol).
- 1.5-ounces of distilled spirits (40 percent alcohol or more).

Notes of caution:

- Different beers have different alcohol content. Malt liquor has higher alcohol content than most other brewed beverages.
- Plastic cups, which are often used to serve alcohol in at parties, are often 16oz cups 1 standard drinks.
- 5-ounces of wine is about half a wine glass a full glass is more than one standard drink.
- Many mixed drinks have more than one type of alcohol in them for example, long island iced tea is made up of 4 or 5 different alcohol shots which means one such drink is really 4-5 standard drinks of alcohol.

A standard rule for safe drinking is:

- One drink or less a day for women.
- No more than two drinks a day for men.

The standard rate at which alcohol metabolizes is:

- One third of an ounce of pure ethanol an hour.

What is binge drinking?

- Consuming five or more drinks in a row for males and four or more in a row for females.
- Frequent binge drinkers were eight times more likely than non-binge drinkers to miss a class, fall behind in schoolwork, get hurt or injured, and damage property.
- In a national study, 91 percent of women and 78 percent of the men who were frequent binge drinkers considered themselves to be moderate or light drinkers.

