

Health Promotion Agency

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For help contact the Alcohol
Drug Helpline on **0800 787 797**

To order resources visit **alcohol.org.nz**
and go to Order Resources

How many standard drinks are there in what I'm drinking?

Before you drink, check the label for the standard drinks content. It will tell you approximately how many standard drinks there are in that bottle, can or cask.

In pubs or bars, the serving sizes are usually consistent – at home, you are probably pouring different amounts every time. But, by checking the standard drinks label, you'll have a good idea of how many drinks you should be serving out of each bottle.

For example, if the standard drinks label on a bottle of wine says it contains eight standard drinks, and that bottle has only filled four big glasses, each of those glasses contains approximately two standard drinks or 20 grams of pure alcohol. If you pour six glasses from the same bottle each glass contains approximately 1.3 standard drinks or 13 grams of pure alcohol. Simple!

Because wines have different amounts of alcohol in them, not all bottles of wine will contain eight standard drinks. Some will be less, some more. Check the label.

Where do I look?

You'll find the standard drinks content on the label of each bottle, can or cask. If the label shows that your bottle of beer contains 1.5 standard drinks then you are drinking 15 grams of pure alcohol. If a bottle of spirits contains 32 standard drinks and you pour it into 16 glasses, each glass will contain two standard drinks, even if you add a mixer to it.



330ml of lite
beer at
2.5% alcohol



750ml bottle
of wine at
13% alcohol



1000ml bottle
of spirits at
47% alcohol



Standard drinks – know how much alcohol you're really drinking

The standard drinks measure is a simple way to work out how much alcohol you are drinking. All bottles of wine, beer and spirits, and all cans or casks now have standard drinks content on the label – so you can easily tell how many standard drinks there are in what you're drinking.

What are standard drinks?

Standard drinks measures the amount of pure alcohol you are drinking.



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10G OF ALCOHOL

ONE STANDARD DRINK EQUALS 10 GRAMS OF PURE ALCOHOL

It's not the amount of liquid you're drinking that's important – it's the amount of alcohol.

IF YOU DRINK:



330ml
bottle
of beer



100ml
glass of
table wine



30ml
of straight
spirits

APPROX. 10G PURE ALCOHOL

... you are drinking approximately 10 grams of alcohol, depending on the alcohol percentage. Each of these is a standard drink.

Standard drinks measures the amount of alcohol, not the amount of liquid you're drinking – because it's the alcohol content that's most important to track.

Because drinks have different amounts of alcohol in them, the number of standard drinks in each bottle, can or cask will be different.



The straight up guide to standard drinks

KNOW HOW MUCH ALCOHOL
YOU'RE REALLY DRINKING

A quick guide to how much alcohol you're drinking

The following is a guide to how many standard drinks there are in a whole range of drinks – so you can easily see how much alcohol there is in your choice of drink.

This is only a guide. Always check the label to be sure of how many standard drinks you are drinking.

330ml can of beer at 4% alcohol

APPROX. 1.0

Standard Drinks™

330ml of lite beer at 2.5% alcohol

APPROX. 0.7

Standard Drinks™

330ml bottle of beer at 5% alcohol

APPROX. 1.3

Standard Drinks™

750ml bottle of wine at 13% alcohol

APPROX. 7.7

Standard Drinks™

750ml bottle of wine at 14% alcohol

APPROX. 8.3

Standard Drinks™

500ml bottle of spirits at 37.5% alcohol

APPROX. 15

Standard Drinks™

375ml bottle of spirits at 37.5% alcohol

APPROX. 11

Standard Drinks™

440ml can of beer at 4.2% alcohol

APPROX. 1.5

Standard Drinks™

750ml bottle of beer at 4% alcohol

APPROX. 2.4

Standard Drinks™

275ml bottle of RTD (ready to drink) spirits at 5% alcohol

APPROX. 1.1

Standard Drinks™

335ml bottle of RTD (ready to drink) spirits at 8% alcohol

APPROX. 2.1

Standard Drinks™

3 litre cask of wine at 12.5% alcohol

APPROX. 30

Standard Drinks™

1000ml bottle of spirits at 47% alcohol

APPROX. 37

Standard Drinks™

100ml glass of wine at 12.5% alcohol

APPROX. 1.0

Standard Drinks™

750ml bottle of sparkling wine at 12% alcohol

APPROX. 7.1

Standard Drinks™

50ml bottle of spirits at 37% alcohol

APPROX. 1.5

Standard Drinks™

700ml bottle of spirits at 40% alcohol

APPROX. 22

Standard Drinks™

1125ml bottle of spirits at 45% alcohol

APPROX. 40

Standard Drinks™

For help
Contact the Alcohol Drug Helpline on
0800 787 797
10am – 10pm, seven days a week.