

# STANDARD DRINKS

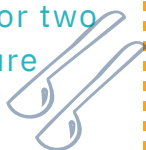
## Part 1



### What is a standard drink?

It is a measured amount of pure alcohol and provides a simple way to know how much alcohol you are drinking, regardless of size or type of drink.

One NZ standard drink contains 10 grams (or two teaspoons) of pure alcohol.



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



### Can you pour a standard drink?

Click **here** to put your skills to the test

### Low risk drinking advice for adults



Liver

### Time for the body to process

1 hour

It takes the average adult liver at least 1 hour (sometimes longer) to break down the alcohol in one standard drink.



### Young people

For young people under 18, **not drinking is the safest option**, especially for those under 15 years. However if they do drink it's important they are supervised, don't drink frequently and never have more than two standard drinks at a time.



### Look for the label

You'll find the standard drinks symbol with the number of standard drinks on the label or packaging of each container.