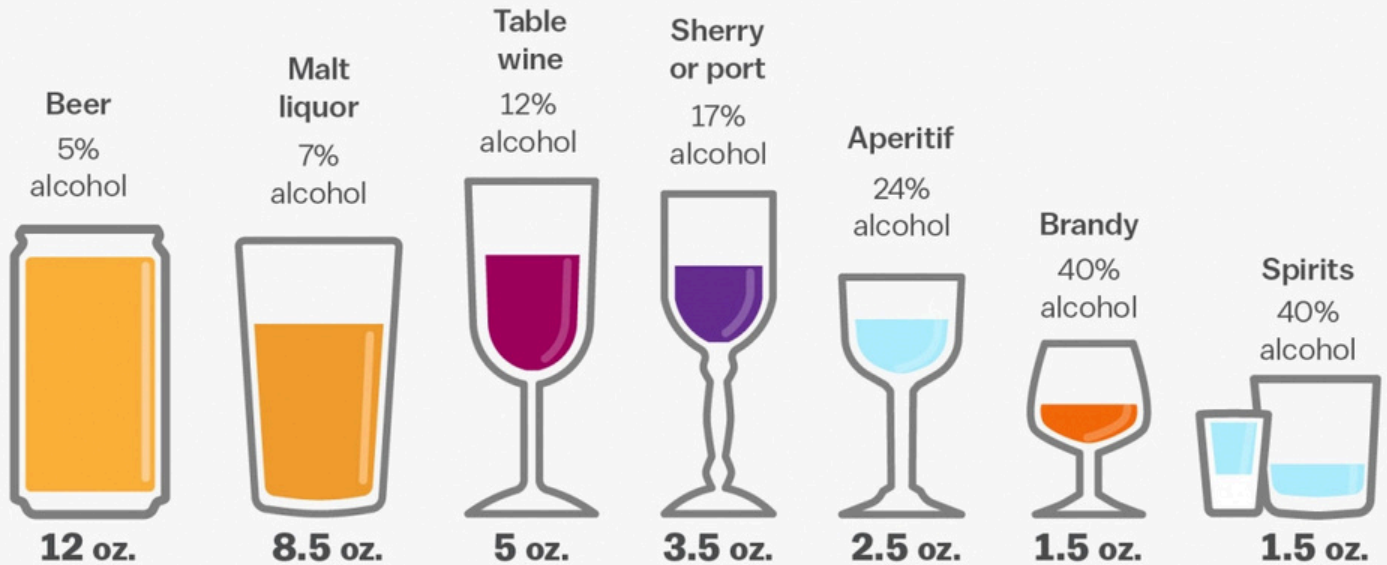


## What is a Standard Drink?

Sometimes we might think we know how much we're drinking, but not all drinks are made the same.

### This is what one drink looks like

According to the Dietary Guidelines for Americans, moderate drinking is up to one drink per day for women and up to two drinks per day for men. A standard drink contains 14 grams of pure alcohol.



Measures are approximate, since different brands and beverages may vary in their actual alcohol content.

Vox

- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (7% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces or a “shot” of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy)