



# Keeping track of standard drinks



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**If you drink alcohol, keeping track of the number of standard alcoholic drinks you have can help you limit your alcohol intake.**

Keeping track of standard drinks can also help you stay within the [Australian Guidelines to Reduce Health Risks From Drinking Alcohol](#) (Australian Alcohol Guidelines), to keep your health risks from alcohol low.

If you are a healthy adult, Australian Alcohol Guidelines advise that you should have:

- no more than 10 standard drinks a week to reduce your risk of developing cancer and other diseases, and
- no more than 4 standard drinks on any one day to reduce your risk of an injury from alcohol.

The less you drink, the lower your risk of alcohol harm.

Find out more from FARE's information sheet 'Australian Alcohol Guidelines' or [website](#).

## What is a standard drink?

A standard drink may be less than you think.

The number of standard drinks in a serve of alcohol depends on the alcohol volume (strength) and the size of the serve. A standard drink contains 10 grams of pure alcohol.

One standard drink is contained in a small 100ml glass of red wine, a can or bottle (375ml) of mid-strength beer, or a shot or nip (30ml) of spirits.

See over the page for more information about common serves of alcohol.

## How can I check and keep track of standard drinks?

### Read the product label

You can see how many standard drinks are in a packaged bottle or can of alcohol by checking the product label. Every alcohol product in Australia is required to be labelled with the number of standard drinks that it contains.

### Use a standard drink calculator or tool

You can use an online standard drink calculator to measure the number of standard drinks in different sized serves of alcohol.

Here are two handy standard drink calculators:

- Your Room [standard drink calculator](#)
- Alcohol Think Again [standard drink tool](#)

See also the Your Room [Drinks Meter](#) app to help you keep track of how many standard drinks you have.



**WINE**  
100ml  
13% alcohol



**SPARKLING WINE**  
100ml  
13% alcohol



**SPIRITS**  
30ml nip (shot glass)  
40% alcohol



**CIDER**  
285ml glass (pot/middy)  
4.9% alcohol



**BEER (FULL STRENGTH)**  
285ml glass (pot/middy)  
4.9% alcohol



**BEER (LIGHT)**  
425ml glass (schooner)  
2.7% alcohol

## How many standard drinks are in different serves of alcohol?

### BEER

#### Full-strength beer (4.8% alcohol)

- A small glass (285ml middy or pot) of full-strength beer contains 1.1 standard drinks.
- A large glass (425ml) of full-strength beer contains 1.6 standard drinks
- A bottle or can (375ml) of full-strength beer contains 1.4 standard drinks

#### Mid-strength beer (3.5% alcohol)

- A small glass (285ml middy or pot) of mid-strength beer contains 0.8 standard drinks.
- A large glass (425 ml) of mid-strength beer contains 1.2 standard drinks
- A bottle or can (375ml) of mid-strength beer contains 1 standard drink

#### Light (low strength) beer (2.7% alcohol)

- A small glass (285ml middy or pot) of light beer contains 0.6 standard drinks.
- A large glass (425 ml) of light beer contains 0.9 standard drinks
- A bottle or can (375ml) of mid-strength beer contains 0.8 standard drinks

### CIDER

#### Cider (5% alcohol)

- A small glass (285ml middy or pot) of cider contains 1.1 standard drinks.
- A small bottle (355ml) of cider contains 1.4 standard drinks

Note: Cider strength varies between brands. Different brands will contain different numbers of standard drinks.

### WINE

#### Red wine (13.5% alcohol)

- An average restaurant sized glass (150ml) of red wine contains 1.6 standard drinks
- A small glass (100ml) of red wine contains 1 standard drink.
- A bottle of red wine contains 8 standard drinks
- A 2-litre cask of red wine contains 21 standard drinks

#### White wine (11.5% alcohol)

- An average restaurant sized glass (150ml) of white wine contains 1.4 standard drinks
- A small glass (100ml) of white wine contains 0.9 standard drinks.
- A bottle of white wine contains 6.8 standard drinks
- A 2-litre cask of white wine contains 18 standard drinks

#### Champagne (12% alcohol)

- An average restaurant sized glass (150ml) of champagne contains 1.4 standard drinks
- A bottle of champagne contains 7.1 standard drinks

### SPIRITS

#### Spirits (40% alcohol)

- A nip or shot (30ml) of spirits (e.g. vodka, gin) contains 1 standard drink.

#### Premix spirits (4.8% alcohol)

- A 330ml bottle of pre-mixed spirits contains 1.3 standard drinks
- A 375ml can of pre-mixed spirits contains 1.4 standard drinks

Note: Premix spirit strength varies according to the type and brand. Different types and brands of pre-mix will contain different numbers of standard drinks.