

# What is a standard drink?

In Australia, a standard drink refers to a drink that contains 10 grams of alcohol. Below are examples of some product types, alcohol volumes and standard drink measurements.



**30mL**  
Shot  
(40%)

STANDARD  
DRINKS  
**1.0**  
APPROX



**375mL**  
RTD can  
(5.0%)

STANDARD  
DRINKS  
**1.5**  
APPROX



**275mL**  
RTD bottle  
(4.6%)

STANDARD  
DRINKS  
**1.0**  
APPROX



**150mL**  
Glass of  
red wine  
(13.5%)

STANDARD  
DRINKS  
**1.6**  
APPROX



**150mL**  
Glass of  
white wine  
(11.5%)

STANDARD  
DRINKS  
**1.4**  
APPROX



**750mL**  
Bottle of  
red wine  
(13.5%)

STANDARD  
DRINKS  
**8.0**  
APPROX



**750mL**  
Bottle of  
white wine  
(11.5%)

STANDARD  
DRINKS  
**6.8**  
APPROX



**100mL**  
Glass of  
sparkling wine  
(13%)

STANDARD  
DRINKS  
**1.0**  
APPROX



**375mL**  
Stubby of light  
strength beer  
(2.4%)

STANDARD  
DRINKS  
**0.7**  
APPROX



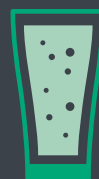
**375mL**  
Stubby of mid  
strength beer  
(3.5%)

STANDARD  
DRINKS  
**1.0**  
APPROX



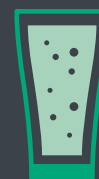
**375mL**  
Stubby of full  
strength beer  
(4.8%)

STANDARD  
DRINKS  
**1.4**  
APPROX



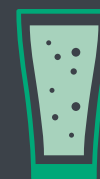
**285mL**  
Pot/middy of light  
strength beer  
(2.7%)

STANDARD  
DRINKS  
**0.6**  
APPROX



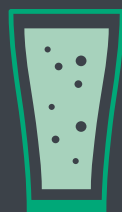
**285mL**  
Pot/middy of  
mid strength beer  
(3.5%)

STANDARD  
DRINKS  
**0.8**  
APPROX



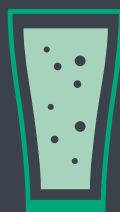
**285mL**  
Pot/middy of  
full strength beer  
(4.8%)

STANDARD  
DRINKS  
**1.1**  
APPROX



**425mL**  
Schooner of light  
strength beer  
(2.7%)

STANDARD  
DRINKS  
**1.0**  
APPROX



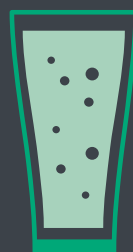
**425mL**  
Schooner of mid  
strength beer  
(3.5%)

STANDARD  
DRINKS  
**1.2**  
APPROX



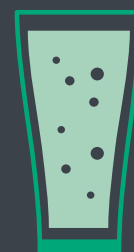
**425mL**  
Schooner of full  
strength beer  
(4.8%)

STANDARD  
DRINKS  
**1.6**  
APPROX



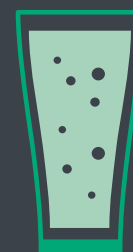
**570mL**  
Pint of light  
strength beer  
(2.7%)

STANDARD  
DRINKS  
**1.2**  
APPROX



**570mL**  
Pint of mid  
strength beer  
(3.5%)

STANDARD  
DRINKS  
**1.6**  
APPROX



**570mL**  
Schooner of full  
strength beer  
(4.8%)

STANDARD  
DRINKS  
**2.2**  
APPROX

**DrinkWise.org.au**

Calculations confirmed by the Australian Wine Research Institute.