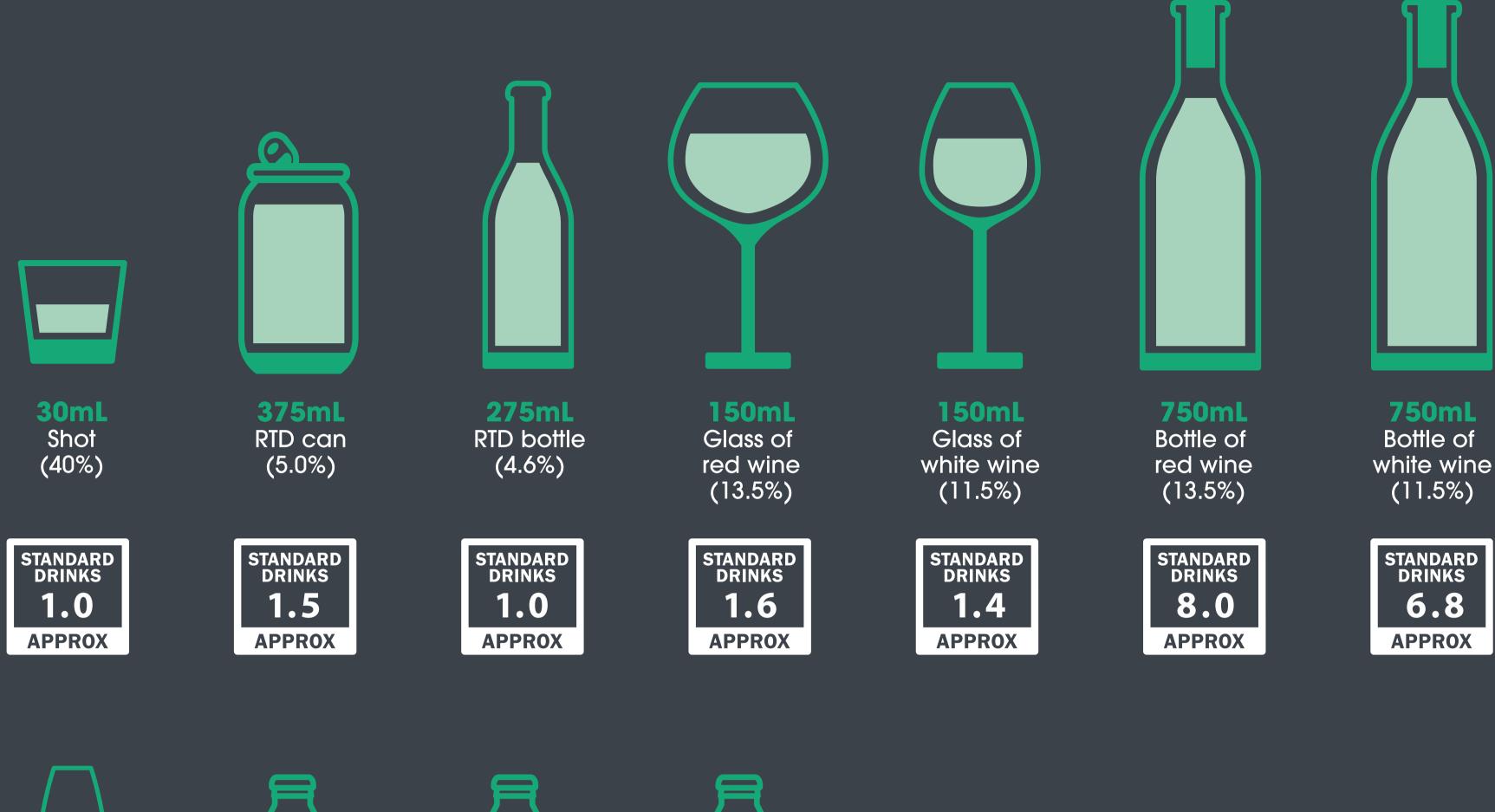
What is a standard drink?

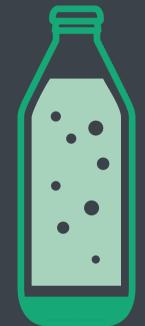
In Australia, a standard drink refers to a drink that contains 10 grams of alcohol. Below are examples of some product types, alcohol volumes and standard drink measurements.





Glass of sparkling wine (13%)

STANDARD DRINKS
1.0
APPROX



375mL Stubby of light strength beer (2.4%)

STANDARD DRINKS

0.7

APPROX



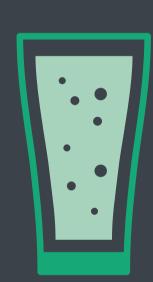
375mLStubby of mid strength beer (3.5%)

STANDARD DRINKS
1.0
APPROX



375mL Stubby of full strength beer (4.8%)

STANDARD DRINKS
1.4
APPROX

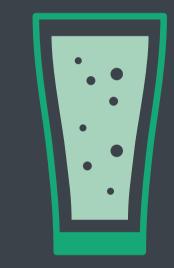


285mL Pot/middy of light strength beer (2.7%)

STANDARD DRINKS

0.6

APPROX

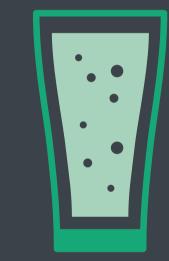


285mL Pot/middy of mid strength beer (3.5%)

STANDARD DRINKS

0.8

APPROX

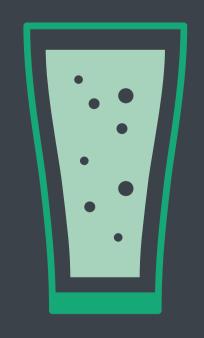


285mL Pot/middy of full strength beer (4.8%)

STANDARD DRINKS

1.1

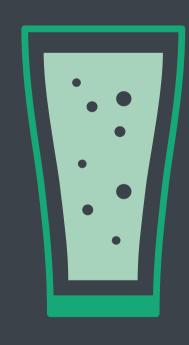
APPROX



425mL Schooner of light strength beer (2.7%)

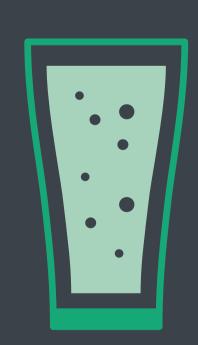
STANDARD DRINKS
1.0
APPROX

20785_DRINSKWISE_StandardDrinks_A1Poster_FA_R.indd



425mL Schooner of mid strength beer (3.5%)

STANDARD DRINKS
1.2
APPROX

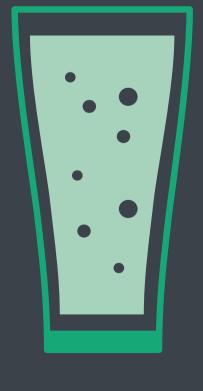


425mL Schooner of full strength beer (4.8%)

STANDARD DRINKS

1.6

APPROX

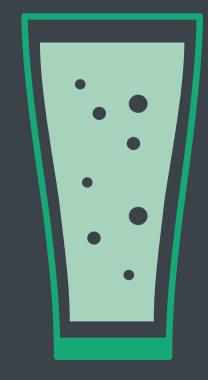


570mL Pint of light strength beer (2.7%)

STANDARD DRINKS

1.2

APPROX

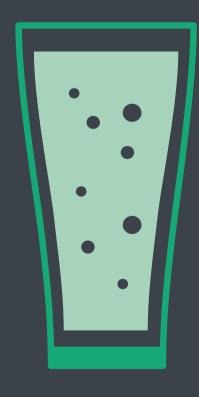


570mL
Pint of mid
strength beer
(3.5%)

STANDARD DRINKS

1.6

APPROX



570mL Pint of full strength beer (4.8%)

STANDARD DRINKS

2.2

APPROX

30/7/2025 4:28 pm

DrinkWise.org.au