

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.





RTD can (5.0%)



RTD bottle (4.6%)

1.0



Glass of

1.6



Glass of



Bottle of



Bottle of







Glass of sparkling wine (13%)



Stubby of light strength beer (2.4%)



Stubby of mid strength beer (3.5%)



Stubby of full strength beer (4.8%)



Pot/middy of light strength beer (2.7%)



Pot/middy of mid strength beer (3.5%)



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Pot/middy of full strength beer (4.8%)













STANDARD DRINKS 1.1 APPROX



Schooner of light strength beer (2.7%)





Schooner of mid strength beer (3.5%)





Schooner of full strength beer (4.8%)

1.6



Pint of light strength beer (2.7%)

1.2



Pint of mid strength beer (3.5%)

1.6



Pint of full strength beer (4.8%)

2.2 APPROX

DrinkWise.org.au

Calculations confirmed by the Australian Wine Research Institute.