

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



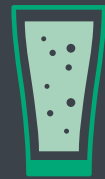
285mL
Pot/middy of light
strength beer
(2.7%)

STANDARD
DRINKS
0.6
APPROX



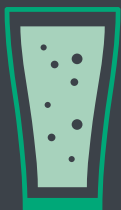
285mL
Pot/middy of
mid strength beer
(3.5%)

STANDARD
DRINKS
0.8
APPROX



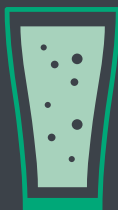
285mL
Pot/middy of
full strength beer
(4.8%)

STANDARD
DRINKS
1.1
APPROX



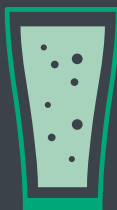
425mL
Schooner of light
strength beer
(2.7%)

STANDARD
DRINKS
1.0
APPROX



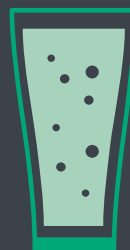
425mL
Schooner of mid
strength beer
(3.5%)

STANDARD
DRINKS
1.2
APPROX



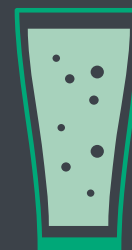
425mL
Schooner of full
strength beer
(4.8%)

STANDARD
DRINKS
1.6
APPROX



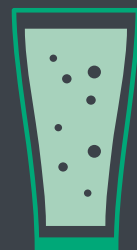
570mL
Pint of light
strength beer
(2.7%)

STANDARD
DRINKS
1.2
APPROX



570mL
Pint of mid
strength beer
(3.5%)

STANDARD
DRINKS
1.6
APPROX



570mL
Pint of full
strength beer
(4.8%)

STANDARD
DRINKS
2.2
APPROX

DrinkWise.org.au

Calculations confirmed by the Australian Wine Research Institute.