

# What is a standard drink?

## One standard drink equals

341 ml (12 oz) bottle 5% alcohol  
beer, cider, cooler



43 ml (1.5 oz) shot of 40% hard liquor  
(vodka, rum, whiskey, gin, etc)



142 ml (5 oz) glass of 12% wine



**Remember, high alcohol % beer, coolers, cider and fortified wines contain more than one standard drink**

Drinking alcohol increases your risk for cancer of the mouth, neck, throat, liver, breast, colon, and rectum. If you choose to drink and want to reduce your risk of cancer, keep it to:

- less than 1 standard drink a day for women\*
- less than 2 standard drinks a day for men

\* The safest option for women who are pregnant, planning to become pregnant or breastfeeding is to not drink alcohol at all.



HEALTH  
DEPARTMENT

Sept 15 - 00

Durham Health Connection Line  
905-666-6241 or 1-800-841-2729  
**[durham.ca/alcohol](http://durham.ca/alcohol)**

If you require this information in an accessible format, contact 905-666-6241 or 1-800-841-2729

