

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.