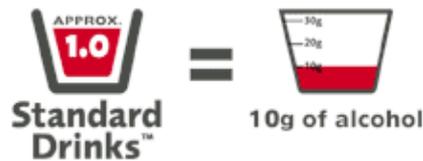


What's in a Standard Drink

The Standard Drinks measure is a simple way to work out how much alcohol you are drinking. It measures the **amount of pure alcohol in a drink**. One standard drink equals 10 grams of pure alcohol.

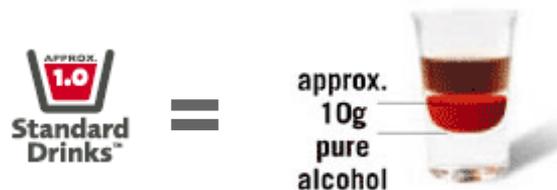


Guide to Standard Drinks

If you drink a 330ml can of beer or a 100ml glass of table wine or a 30ml of straight spirits you are drinking approximately 10 grams of alcohol, depending on the alcohol percentage (see table below).

All alcohol containers now have a Standard Drinks content on the label.

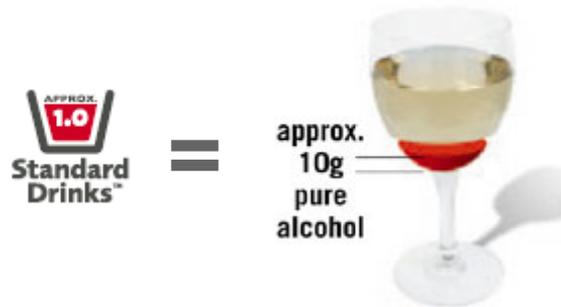
30ml straight spirits:



330ml can of beer:



100ml glass of table wine:



330ml can of beer @ 4% alcohol



440ml can of beer @ 4.2% alcohol



330ml bottle of beer @ 5% alcohol



330ml bottle of lite beer @ 2.5% alcohol



750ml bottle of beer @ 4% alcohol



750ml bottle of wine @ 13% alcohol



750ml bottle of sparkling wine @ 12% alcohol



750ml bottle of wine @ 14% alcohol





3 litre cask of wine @ 12.5% alcohol



275ml bottle of RTD spirits @ 5% alcohol



335ml bottle of RTD spirits @ 8% alcohol



375ml bottle of spirits @ 37.5% alcohol



500ml bottle of spirits @ 37.5% alcohol



700ml bottle of spirits @ 40% alcohol



1000ml bottle of spirits @ 47% alcohol



1125ml bottle of spirits @ 45% alcohol



It is important to keep track of how much you and your family are drinking and to know just how much alcohol is in a drink. Find out more about [how much is too much](#).

If you would like to work out the amount of Standard Drinks yourself the [New Zealand Food Safety Authority](#) web site has the calculations you can use (about half way down the page).