

ONE STANDARD DRINK

KNOW YOUR LIMIT. DRINK WITHIN IT.



12%
ALCOHOL:
Wine
142 ml (5 oz)

5%
ALCOHOL:
Beer, cider or
cooler
341 ml (12 oz)

40%
ALCOHOL:
Liquor (rum, gin,
vodka, tequila)
43 ml (1.5 oz)

BINGE DRINKING:

consuming 4+ standard
drinks in one occasion

Limit yourself to one drink/hour



PEP – AH

Postsecondary
Education Partnership
Alcohol Harms