







# Standard drinks guide

## Beer







### Full strength (4.6% Alc Vol)

Middy	Schooner	Bottle	Long neck	Can	Carton
 <b>1.1</b> 285ml	 <b>1.6</b> 425ml	 <b>1.4</b> 375ml	 <b>2.8</b> 750ml	 <b>1.4</b> 375ml	 <b>34</b> 24 x 375ml

### Mid strength (3.5% Alc Vol)

Middy	Schooner	Bottle	Long neck	Can	Carton
 <b>0.8</b> 285ml	 <b>1.2</b> 425ml	 <b>1</b> 375ml	 <b>2</b> 750ml	 <b>1</b> 375ml	 <b>24</b> 24 x 375ml

### Low strength (2.7% Alc Vol)

Middy	Schooner	Bottle	Long neck	Can	Carton
 <b>0.6</b> 285ml	 <b>0.9</b> 425ml	 <b>0.8</b> 375ml	 <b>1.6</b> 750ml	 <b>0.8</b> 375ml	 <b>19</b> 24 x 375ml

## Spirits

### Shot/Nip (40% Alc Vol)



**1**  
30ml

### Bottle (40% Alc Vol)



**22**  
700ml

### Premix bottles

#### Full strength (5% Alc Vol)



**1.1**  
275ml



**1.2**  
330ml

#### High strength (7% Alc Vol)



**1.5**  
275ml



**1.8**  
330ml

### Premix cans

#### Full strength (5% Alc Vol)



**1.2**  
300ml



**1.5**  
375ml



**1.7**  
440ml



**1.6**  
300ml



**2.1**  
375ml



**2.4**  
440ml

## Wine

### Red wine (13.5% Alc Vol)

### Port (18% Alc Vol)

Glass	Bar serve	Bottle	Cask	Cask	Glass	Cask
 <b>1</b> 100ml	 <b>1.6</b> 150ml	 <b>8</b> 750ml	 <b>21</b> 2 litres	 <b>43</b> 4 litres	 <b>0.9</b> 60ml	 <b>30</b> 2 litres

### White wine (11.5% Alc Vol)

### Champagne (12% Alc Vol)

Glass	Bar serve	Bottle	Cask	Cask	Glass	Bottle
 <b>1</b> 100ml	 <b>1.4</b> 150ml	 <b>7.5</b> 750ml	 <b>19.5</b> 2 litres	 <b>39</b> 4 litres	 <b>1.4</b> 150ml	 <b>7.5</b> 750ml

A standard drink contains 10 grams of pure alcohol. Alcoholic drinks often contain more than one standard drink.

Labels on alcoholic beverages display the amount of standard drinks and alcohol content (%) each specific drink contains. This guide gives an average alcohol content of a range of alcoholic drinks as provided by the National Health & Medical Research Council. To find the exact alcohol content check the label.