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STANDARD DRINK CONVERSION

ONE STANDARD DRINK IS EQUAL TO:



- **BEER (5% Alcohol) 12 oz. (341 ml.)**

For light beer or light wine, standard drinks are calculated in terms of a ratio.
For example, 12 oz. of a 2.5% light beer =0.5 SDs,
while 12 oz. of a 4% light beer =0.8.

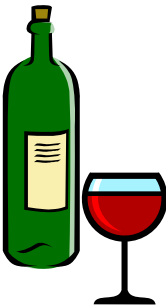


- **WINE (12 – 17 %) 5 oz. or**
FORTIFIED WINE 3 oz.



- **HARD LIQUOR 1-1/2 oz.**
(80-proof)

ONE STANDARD DRINK REPRESENTS 13.6 GRAMS OF ABSOLUTE ALCOHOL



- **WINE: 1 Bottle**

25 oz. / 750 ml. 5 Standard Drinks
40 oz. / 1.14 L. 8 Standard Drinks
25 oz. Fortified 8 Standard Drinks



- **HARD LIQUOR: 1 Bottle**

12 oz. (mickey) 8 Standard Drinks
25 oz./750 17 Standard Drinks
40 oz./1.14 L. 27 Standard Drinks

(over)

ALCOHOL

C_2H_5OH (ethanol/ethyl alcohol)
A FOOD...WITH CALORIES...
BUT NO VITAMINS, NO MINERALS, NO PROTEINS
WATER SOLUBLE

A DRINK IS A DRINK IS A DRINK!

1 oz of liquor @ 41% alcohol = .51 absolute alcohol
12 oz can of beer @ 4.5% alcohol = .54 absolute alcohol
4 oz glass of wine @ 13% alcohol = .52 absolute alcohol

ELIMINATION

1 HOUR FOR EACH DRINK = (90%) by enzymes in liver

EFFECTS

0 - .5 (1-2 ½ Drinks) Judgment, Inhibitions, Memory
.05-.10 (2 ½ - 4 ½ Drinks) Coordination, Speech, Hearing, Vision Difficulties
.10 - .20 (4 ½ - 9 Drinks) Stumbling, Falling, Emotional Behavior
.20 - .30 (1 pint – 13 Drinks) Severe Intoxication, Stuporous, Slightly Conscious
.30 - .50 (1 ½ pints – 19 Drinks) COMA
.50 - .60 (2 pints – 26 Drinks) DEATH

ADDICTION

TOLERANCE, PHYSICAL, PSYCHOLOGICAL WITHDRAWAL =
Headaches, Loss of Appetite, Insomnia Tremors, Agitation,
Seizures, Hallucination, & Possible Death