

KNOW YOUR STANDARD DRINKS

MID-STRENGTH BEER 3-4% ALC/VOL



FULL-STRENGTH BEER 4-6% ALC/VOL



WINE (100 mL) 10-14% ALC/VOL SPIRITS (30 mL) 37-43% ALC/VOL



**ALCOHOL.
GO EASY.**



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A woman's guide for staying under .05

An average-sized, healthy woman:

- takes approximately one hour to break down the alcohol in one standard drink
- has a Blood Alcohol Concentration (BAC) that increases by 0.03% for every standard drink consumed.

This means consuming no more than one standard drink every hour.

A standard drink contains 10 g of alcohol.

A man's guide for staying under .05

An average-sized, healthy man:

- takes approximately one hour to break down the alcohol in one standard drink
- has a Blood Alcohol Concentration (BAC) that increases by 0.02% for every standard drink consumed.

This means consuming no more than two standard drinks in the first hour and one every following hour.

A standard drink contains 10 g of alcohol.