

# United States Standard Drink Sizes

Drink	Proof	% Alcohol	Amount (oz.)	Amount (ml)	2 Drinks (oz.)
<b>Liquor</b>	40	80	1.5	44.0	3.0
	30	60	1.9	56.0	3.8
	20	40	3.0	88.0	6.0
	15	30	4.0	118.0	8.0
<b>Wine</b>		12	5.0	148.0	10.0
		10	6.0	177.0	12.0
		7	8.6	254.0	17.1
<b>Beer</b>		5	12.0	355.0	24.0
		3	20.0	590.0	40.0
		7	8.6	254.0	17.1
		10	6.0	177.0	12.0
		17.5	3.4	100.0	6.9

## NOTES

1. Recommended standard alcoholic drink sizes for men and women.
2. Women should consume no more than 1 drink per day.
3. Men should consume no more than 2 drinks per day or a total of