What is a standard drink?









BEER 425 ml | 2.7% alc/vol

BEER
375 ml | 3.5% alc/vol

BEER285 ml | 4.9% alc/vol

CIDER285 ml | 4.9% alc/vol









fortified wine
(e.g. sherry, port)
60 ml | 20% alc/vol

SPIRITS
(e.g. vodka, gin, rum, whiskey)
30 ml | 40% alc/vol

The standard drink is defined in the Australia and New Zealand Food Standards Code.



BUILDING A HEALTHY AUSTRALIA

www.nhmrc.gov.au/alcohol