What is a standard drink?

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

- **LIGHT BEER**
  - 425 ml | 2.7% alc/vol

- **MID STRENGTH BEER**
  - 375 ml | 3.5% alc/vol

- **FULL STRENGTH BEER**
  - 285 ml | 4.9% alc/vol

- **REGULAR CIDER**
  - 285 ml | 4.9% alc/vol

- **SPARKLING WINE**
  - 100 ml | 13% alc/vol

- **WINE**
  - 100 ml | 13% 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

www.nhmrc.gov.au/alcohol