Standard Drink Chart

1 STANDARD DRINK = 1 CAN OF ORDINARY BEER OR ALE = A SINGLE SHOT OF SPIRITS (whiskey, gin, vodka, etc.) = A GLASS OF WINE = A SMALL GLASS OF SHERRY = A SMALL GLASS OF LIQUEUR OR APERITIF

FROM: ALCOHOL SCREENING AND BRIEF INTERVENTION; A GUIDE TO SENSIBLE DRINKING; UNIVERSITY OF CONNECTICUT.