

What's In Your Drink?

Just having one drink tonight? Are you sure about that?

A standard drink of alcohol contains 0.6 fluid ounces of pure ethanol. Some drinks have even more than that. Drink these slowly. Many bartenders pour differently, so watch your drinks being made to be sure.

	Martini (4 oz.)	=	1.2
	Margarita (24 oz.)	=	1.7
	Long Island Ice Tea (16 oz.)	=	6
	Craft Beer (16 oz.)	=	Between 1 & 2 <small>(Craft Beers can range from 5%-10% Alc/Vol)</small>
	Flavored Malt Beverage (16 oz.)	=	1.4
	Malt Liquor (40 oz.)	=	4.7
	Wine (5 oz.)	=	Between 1 & 2.75 <small>(Wines can range from 8%-22%)</small>

Notes

- Drink calculations based upon information from <http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/CocktailCalculator.asp> and <http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/DrinkSizeCalculator.asp>
- Wine and Craft beer based on <http://www.alcoholcontents.com>

These numbers are average estimates only and should not be used to measure levels of intoxication or BAC.

What You Should Know

- Everyone reacts differently to alcohol. It takes the adult body almost two hours to fully process a standard drink.
- Women's bodies tend to process alcohol less efficiently than men's. That means women reach a higher BAC faster than men and remain intoxicated longer.
- Just one drink can put your BAC high enough to get you arrested for DUI if it contains the equivalent of three shots of alcohol.
- Depending on your weight and body chemistry, just two drinks can cause alcohol poisoning if you consume something with the equivalent of four or more shots in less than one hour.

Tips for staying safe

-  Alternating your alcoholic drinks with nonalcoholic beverages like water, soda or juice, will provide you with "drink spacers", and help limit your alcohol consumption.
-  Having a smaller serving of a multi-drink beverage will make you less prone to over-drinking and still allow you to savor the taste.
-  Keeping track of the amount of alcohol you consume will help you stay safe. Drinking more than you would like could signal that it's time to seek help.
-  Different bartenders pour differently, so watching them make the drink allows you to know exactly what you are drinking.

*For more tips or scenarios please check the field guide at www.controltonight.com

For more information, please contact us:

Pennsylvania Liquor Control Board

Office of Regulatory Affairs

Bureau of Alcohol Education

www.lcb.state.pa.us

Or call our toll-free line: 1 (800) 453-PLCB (7522)
Hearing Impaired: TDD/TTY(717) 772-3725



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