

Standard Size Your Drink!



12 oz. 341 mL

5% alcohol
Beer // Cooler // Cider

5 oz. 142 mL

12% alcohol // Wine

1.5 oz. 43 mL

40% alcohol // Liquor

If you pour to these levels ...



... you may be drinking more than you think.

**Check your pour.
Know how much is in your drink.**