

# Standard Drink Equivalence



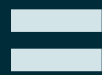
DISTILLED SPIRITS COUNCIL  
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According to the *Dietary Guidelines for Americans* research, one standard drink or “drink equivalent” contains 0.6 ounces (14 grams) of pure alcohol.\*

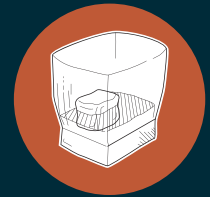
Ethanol is the pure alcohol that is in ALL beverage alcohol. Each of these standard drinks has the same type and amount of alcohol:



**12oz regular beer**  
(5% ABV)



**5oz wine**  
(12% ABV)



**1.5oz 80-proof  
distilled spirits**  
(40% ABV)

## Alcohol is alcohol.

Whether it is in distilled spirits, wine, or beer, the effects of ethanol on the body are the same. Alcohol consumption is linked to some health risks and some potential benefits, and studies show that these associations are attributable to ethanol.

## Public policy regarding beverage alcohol should not differentiate between distilled spirits, wine, and beer.

It sends the dangerous message that some forms of beverage alcohol are ‘safer’ than others.

## How do Canned Cocktails or Ready-to-Drink Beverages (RTDs) Equate to Standard Drinks?

Whether the RTD is spirit-, malt-, wine-, or sugar-based, only two pieces of information matter: 1) ounces; and 2) % alcohol by volume [ABV].

To calculate how many standard drinks are in a container, multiply these two numbers, then divide by 0.6 (i.e., the ounces of ethanol in one standard drink). This works for all beverage alcohol – not just RTDs. Here are some real-world examples:



### Can A: 12oz, 6.9% ABV

*Wine-Based RTD*

$$\frac{(12 \text{ oz} \times 0.069 \text{ ABV})}{0.6 \text{ oz}} = 1.38 \text{ standard drinks}$$

### Can B: 16oz, 8.0% ABV

*Malt-Based RTD*

$$\frac{(16 \text{ oz} \times 0.080 \text{ ABV})}{0.6 \text{ oz}} = 2.13 \text{ standard drinks}$$

### Can C: 12oz, 4.5% ABV

*Spirits-Based RTD*

$$\frac{(12 \text{ oz} \times 0.045 \text{ ABV})}{0.6 \text{ oz}} = 0.90 \text{ standard drinks}$$

\*The Dietary Guidelines for Americans was informed by the National Academies of Science, Engineering, and Medicine Review of Evidence on Alcohol and Health 2025 consensus study report. For more information see: [realfood.gov](https://www.realfood.gov)

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## The concept of standard drink equivalence is used by experts from around the world and in the U.S.

The organizations listed below, which include federal agencies, as well as health and safety organizations, are examples of organizations that employ standard drink equivalence.

- Academy of Nutrition and Dietetics
- Alcohol and Tobacco Tax and Trade Bureau (TTB)
- American Medical Women's Association (AMWA)
- Centers for Disease Control and Prevention (CDC)
- Harvard T.H. Chan School of Public Health
- Mayo Foundation for Medical Education and Research (MFMER)
- Mothers Against Drunk Driving (MADD)
- National Institutes of Health (NIH), National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- U.S. Department of Agriculture (USDA)
- U.S. Department of Health and Human Services (HHS)
- U.S. Defense Department (DOD), Defense Health Agency (DHA)
- U.S. Department of Transportation (DOT), National Highway Traffic Safety Administration (NHTSA)
- World Health Organization (WHO)

## Understanding drink equivalence and knowing the definition of a standard drink is an important aspect of moderate and responsible alcohol consumption.

The *Dietary Guidelines for Americans* research defines moderate consumption as up to two drinks per day for males or up to one per day for females and states that there are some people who should not consume alcohol at all. To be both science-based and effective, policies and programs must utilize standard drink equivalence and should encourage those who choose to drink to do so responsibly and in moderation.

The bottom line:

*There is no beverage of moderation, only the practice of moderation.*

To learn more, please visit:

[standarddrinks.org](https://standarddrinks.org)

The [Distilled Spirits Council of the United States](https://www.distilledspiritscouncil.org/) recommends that no one should start drinking for potential health benefits. Some individuals should not drink at all. Alcohol abuse can cause serious health and other problems. Even drinking in moderation may pose risks for some people. Individuals should discuss alcohol consumption with their physician who can determine what is best based on individual factors, such as family history, genetics, and lifestyle.