

# KNOW YOUR POUR

## BEER

Standard Drink - 12oz

## SHOTS

Standard Drink - 1.25oz (80 Proof)

Amount you typically pour over the standard drink amount	If you say you had X drinks	You probably had X drinks
 12%	4-5	4.5-5.5
 33%	4-5	5.5-6.5
 53%	4-5	6-7.5
 92%	4-5	7.5-9.5

Standard Drink - 4oz

## WINE

Standard Drink - 1.25oz (80 Proof)

## MIXED DRINKS

Drinks poured by students are typically stronger than standard drinks.  
This means you are consuming more alcohol than you think.

**KNOW THE STRENGTH • KNOW THE AMOUNT • KNOW THE TIME**

From White et al. (submitted) College students define standard drink volumes inaccurately. ACER | Drinking Age is 21 - Be Legal