

Standard Drink Guide



1.1
285ml
Full Strength Beer
4.9% Alc./Vol



1.6
425ml
Full Strength Beer
4.9% Alc./Vol



0.8
285ml
Mid Strength Beer
3.5% Alc./Vol



1.2
425ml
Mid Strength Beer
3.5% Alc./Vol



0.6
285ml
Light Beer
2.7% Alc./Vol



0.9
425ml
Light Beer
2.7% Alc./Vol



1.5
375ml
Full Strength Beer
4.9% Alc./Vol



1
375ml
Mid Strength Beer
3.5% Alc./Vol



0.8
375ml
Light Beer
2.7% Alc./Vol



1.5
375ml
Pre-mix Spirits
5% Alc./Vol



1.2
300ml
Pre-mix Spirits
5% Alc./Vol



1
30ml
Spirit Nip
40% Alc./Vol



22
700ml
Bottle of Spirits
40% Alc./Vol



1
30ml
Spirit Shot
40% Alc./Vol



1
60ml
Port/Sherry
Glass
20% Alc./Vol



1.5
170ml
Average Serve of
Sparkling Wine/
Champagne
11.5% Alc./Vol



1.5
150ml
Average Serve
of Wine
12.5% Alc./Vol



7.5
750ml
Bottle
of Wine
12.5% Alc./Vol

Adapted from: The Australian Alcohol Guidelines: health risks and benefits 2001 (www.alcohol.gov.au)

Darwin: Shop 1 & 2 Tiwi Place, Tiwi NT 0810 • PO Box 40113, Casuarina NT 0811 • Phone: 08 8927 8488 • Fax: 08 8927 8515 • Email: info@healthylivingnt.org.au
 Alice Springs: 7/16 Hartley Street (Jock Nelson Centre), Alice Springs NT 0870 • Phone: 08 8952 8000 • Fax: 08 8952 7000 • Email: alicesprings@healthylivingnt.org.au
www.healthylivingnt.org.au • ABN 11 374 693 055

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