





What is a standard serving size of alcohol?

A standard serving contains about ½ fluid ounce of “pure” alcohol, regardless of the type of alcohol.

<p>Beer ~5% alcohol</p> 	<p>12 oz. ... 16 oz. (solo cup or a “pint”)... 18 oz. (solo cup)...</p>	<p>1 serving 1 1/3 servings 1 ½ servings</p>
<p>Wine ~12% alcohol</p> 	<p>5 oz. ... 750 ml/25 oz. (regular bottle) 1.5 L box... 3 L box...</p>	<p>1 serving 5 servings 10 servings 20 servings</p>
<p>Liquor* 80 proof (~40% alcohol)</p> 	<p>1.5 oz. ... 375 ml/13 oz. (a “pint”)... 750 ml bottle/25 oz. (a “fifth”) 1.75 L/59 oz. (a “handle”)...</p>	<p>1 serving 8 ½ servings 17 servings 39 servings</p>
<p>Liquor* 100-proof (~50% alcohol)</p> 	<p>1.0 oz. ... 375 ml/13 oz. (a “pint”)... 750 ml bottle/25 oz. (a “fifth”) 1.75 L/59 oz. (a “handle”)...</p>	<p>1 serving 13 servings 25 servings 59 servings</p>
<p>*A higher proof indicates a higher volume of alcohol; as proof increases, serving size decreases.</p>		

Using a Solo Cup to Measure Servings

A 16 oz. plastic Solo can be used to measure servings more accurately. While the ridges can vary from cup to cup, the bottom ridge is generally a reliable measure of one serving of hard liquor.

16 oz.

12 oz.

4 to 5 oz.

1 to 1.5 oz.

