

KNOW YOUR STANDARD DRINKS



STANDARD DRINKS

SPIRITS

40% alcohol
30ml nip



STANDARD DRINKS

WINE

13% alcohol
100ml average serving



STANDARD DRINKS

SPARKLING WINE

13% alcohol
100ml



STANDARD DRINKS

FULL STRENGTH BEER

4.9% alcohol
285ml glass



STANDARD DRINKS

LIGHT BEER

2.7% alcohol
425ml glass



STANDARD DRINKS

CIDER

4.9% alcohol
285ml glass



Learn more about Alcohol Awareness
goodsports.com.au/alcohol-learning



INSPIRING A HEALTHIER
SPORTING NATION