

# 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

[learning.goodsports.com.au/alcohol/index.html](https://learning.goodsports.com.au/alcohol/index.html)



INSPIRING A HEALTHIER  
SPORTING NATION