

WHAT'S IN YOUR DRINK?

**JUST HAVING
ONE DRINK TONIGHT?
ARE YOU SURE ABOUT THAT?**

A standard drink (SD) of alcohol contains 0.6 fluid ounces of pure ethanol. Some drinks have even more. Drink these slowly. Many bartenders pour differently, so watch your drinks being made.



Martini (4 oz.)

= **1.2**_{SD}



Margarita (24 oz.)

= **1.7**_{SD}



Long Island Iced Tea (16 oz.)

= **6**_{SD}



Craft Beer (16 oz.)
(Craft beers can range from 5% - 10% Alc./Vol.)

= **Between 1 & 2**_{SD}



Flavored Malt Beverage (16 oz.)

= **1.4**_{SD}



Malt Liquor (40 oz.)

= **4.7**_{SD}



Wine (5 oz.)
(Wines can range from 8% - 22% Alc./Vol.)

= **Between 1 & 2.75**_{SD}

These numbers are average estimates only and should not be used to measure levels of intoxication or blood alcohol content (BAC).

WHAT YOU SHOULD KNOW

- Everyone reacts differently to alcohol. It takes the adult body about one hour to fully process a standard drink.
- Women's bodies tend to process alcohol less efficiently than men's. That means women reach a higher BAC faster than men and remain intoxicated longer.
- Just one drink can raise your BAC enough for you to be arrested for driving under the influence if it contains the equivalent of three or more shots of alcohol.
- Depending on your weight and body chemistry, just two drinks can cause alcohol poisoning if you consume something with the equivalent of four or more shots in less than one hour.

TIPS FOR STAYING SAFER

- Alternating your alcoholic drinks with nonalcoholic beverages like water, soda or juice will provide you with "drink spacers" and help limit your alcohol consumption.
- Having a smaller serving of a multi-drink beverage will make you less prone to over-drinking and still allow you to savor the taste.
- Different bartenders may pour differently, so watch your drink being made to know exactly what's in your drink.
- Drinking too much could signal it's time to seek help.

For more tips, check the field guide at www.controltonight.com.

The Pennsylvania Liquor Control Board
Bureau of Alcohol Education offers a variety of
materials free of charge.

For more information:

www.lcb.state.pa.us

800.453.PLCB (7522)

Hearing Impaired: TDD/TTY 717.772.3725

 PA Alcohol Education



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