

# Counting your drinks



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Alcohol comes in different strengths and different container sizes. This can make it hard to figure out which products have more or less alcohol overall. Knowing the number of standard drinks can help you compare different products and track how much alcohol you are drinking.

## Beer



8% 355 mL can  
= **1.5** standard drinks



5.5% 473 mL can (tallboy)  
= **1.5** standard drinks

7% 473 mL can (tallboy)  
= **2** standard drinks



## Wine



12.5% 750mL bottle  
= **5.5** standard drinks

14% 750mL bottle  
= **6** standard drinks



## Hard liquor



40% 375mL bottle (mickey)  
= **9** standard drinks

40% 750mL bottle (26-er)  
= **17.5** standard drinks



45% 375mL bottle (mickey)  
= **10** standard drinks



## Sherry (fortified wine)



18% 750mL bottle  
= **8** standard drinks

20% 750mL bottle  
= **9** standard drinks



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The following sources of alcohol often include ingredients that are not meant for consumption and can cause serious extra harm to your body.



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## Hand sanitizer



240mL bottle (70%)  
= **9** standard drinks



350mL bottle (70%)  
= **13** standard drinks



1L bottle (70%)  
= **36** standard drinks

## Mouthwash



250mL bottle (27%)  
= **4** standard drinks



500mL bottle (27%)  
= **8** standard drinks



1L bottle (27%)  
= **16** standard drinks

## Rubbing alcohol



500mL bottle (70%)  
= **20.5** standard drinks

500mL bottle (91%)  
= **26.5** standard drinks



## Warning

The alcohol in rubbing alcohol (isopropyl) is not the same as the alcohol in beverage alcohol (ethanol) and can cause serious harm to your body and death.