Counting your drinks

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.

### 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.