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