

WHEN SHOULD YOU SAY WHEN?

HERE?

HERE?

THERE?



ANSWER ON OTHER SIDE.

THIS IS WHAT A STANDARD DRINK MEANS.



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A glass of beer
340 ml/12 oz
5% alc/vol
In other words,
one regular bottle or can.

A glass of wine
140 ml/5 oz
12% alc/vol
There are 6 glasses
in a bottle.



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A glass of spirits
45 ml/1.5 oz
40% alc/vol

A glass of fortified wine
85 ml/3 oz
20% alc/vol



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Cider, malt liquor and premixed drinks are usually served in a 140 ml/5 oz glass. You have to take into account the alcohol content indicated on the bottle, which may vary from 2.5% to 20%.

Test your knowledge with the interactive «Pour a standard drink» at educalcool.qc.ca/en/standard

STANDARD DRINK
OFFICIAL STANDARDS AND THEIR ALCOHOL CONTENT

TEST YOUR KNOWLEDGE IN TERMS OF STANDARD DRINK

This test allows you to put into practice your knowledge of what is a standard drink, whether its alcohol content is beer, wine, fortified wine, spirits or cider. Learn more by watching the video.

Pay attention to the percentage and quantity of alcohol that you will pour into the standard drink.

Good luck!

[Test your knowledge](#)

INSTRUCTIONS | VIDEO

Educ alcool

Moderation is always in good taste.