

# Know your standard drinks

One standard drink contains 10 grams of pure alcohol.



Queensland  
Government

Low strength beer	Mid strength beer	Full strength beer	Wine	Spirits				
	=		=		=		=	
2.7% alc/vol 425ml (schooner)		3.5% alc/vol 375ml (stubby)		4.5% alc/vol 285ml (pot)		12% alc/vol 100ml		40% alc/vol 30ml

Adis 24/7 Alcohol and Drug Support | 1800 177 833

# Reducing Risk

Maximum  
standard  
drinks  
per week.

10

Maximum  
standard  
drinks on  
any one day.

4

**People under 18, and women who are pregnant, planning a pregnancy, or breastfeeding should not drink any alcohol.**