

HOW MUCH

ALCOHOL AM I DRINKING?

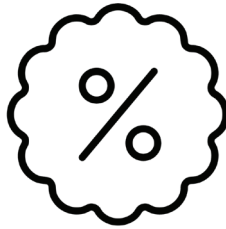
STANDARD DRINK SIZES

Did you know that a standard serving of spirits contains the same amount of alcohol as a standard serving of wine and beer? No matter which beverage you choose to consume, it's the quantity of how much you drink that's most important. Here are some important factors that can help you estimate how much alcohol you are consuming.



ONE SHOT
1.5 OZ. OF
80 PROOF LIQUOR
40% ALCOHOL

1



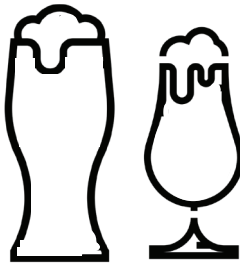
ALCOHOL BY VOLUME

Some beverages can have a higher alcohol by volume (ABV) percentage than your standard serving of beer. Beverages with higher ABV's can have a greater impact on your blood alcohol concentration (BAC) level and can lead to severe impairment if you're not tracking how much you are drinking.



5 OZ. OF WINE
APPROXIMATELY
12% ALCOHOL

2



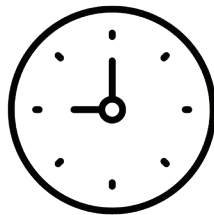
SERVING SIZES

Pay attention to the number of ounces your drink contains. Some establishments may offer serving sizes that are different than that of a standard drink. An increase in the number of ounces in one serving without a decrease in the standard ABV of that beverage can lead to consumption of more than one standard drink in a serving.



12 OZ. BEER
APPROXIMATELY
5% ALCOHOL

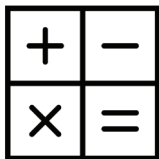
3



PROCESSING TIME

The liver typically processes one standard serving of alcohol per hour. If a greater amount of alcohol is consumed each hour (whether due to a higher ABV and/or serving size), the remaining amount of alcohol will circulate within the bloodstream until it is processed and your BAC can reach the danger zone.

TIPS



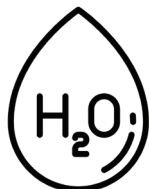
STANDARD DRINK CALCULATION

To estimate the amount of standard drinks being consumed, multiply the number of ounces in the drink by the ABV percentage decimal. Then, multiply that number by two to find the approximate number of standard drink sizes the beverage contains.



EDUCATION AND PREVENTION SECTION

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PACE YOURSELF

Alternate between water and non-alcoholic beverages. Only time will eliminate alcohol from your body. Depending on your weight, gender and how much alcohol you consume, it can take several hours for your body to reach a zero BAC.