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.

**STANDARD DRINK SIZES**

1. **One Shot**
   - 1.5 oz. of 80 proof liquor
   - 40% alcohol

2. **5 oz. of Wine**
   - Approximately 12% alcohol

3. **12 oz. Beer**
   - Approximately 5% alcohol

**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.

**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.

**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.

**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.

**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.