

# Counting your drinks?

An Australian standard drink contains 10 grams of alcohol.

By counting standard drinks you can keep track of how much you're drinking and how that compares to the Australian guidelines. The guidelines define low-risk drinking as **no more than two standard drinks on any day** or **four standard drinks on any one occasion**.

This fact sheet provides a guide to how many standard drinks are in common containers of alcohol. For more information about a specific alcoholic drink, read the label on the bottle, can or cask. It will list approximately how many standard drinks are inside the container.

## Why count your drinks?

Driving to and from work, or driving a vehicle during work hours, may be your main reason for keeping track of drinks. But there are important health benefits too. The use of standard drinks as a measure can help you to monitor your alcohol consumption. It can also help you to keep check of the amount you drink.

## Number of standard drinks in various beverages



### Did you know:

- 29% of Australian drinkers estimated that a bottle of red wine contains four standard drinks or less<sup>1</sup>
  - There are approximately 7-8 standard drinks per 700ml bottle of wine

### It is important to remember that:

- Some hotels, pubs and other venues serve drinks with more alcohol than a standard drink
- Large wine glasses can hold more than one standard drink
- Drinks poured at home often contain more alcohol than a standard drink
- Some drinks, such as alcoholic cocktails and punches, are mixed with unknown quantities of alcohol.

### Drinking more than the guidelines recommend can have a harmful effect on your health.

- Short-term risks include hangovers, headaches, nausea, shakiness, vomiting, memory loss, falls and injury, assaults, car accidents and accidental death.
- Long-term risks can include cancer, cirrhosis of the liver, brain damage, memory loss and sexual dysfunction.
- Excessive alcohol use can also affect many other areas of life, including family, work and personal relationships.

Remember, there is no safe level of drinking.

If you are worried about your drinking, see your doctor or contact the alcohol and other drug service in your state or territory.

This fact sheet has been adapted from the National Health and Medical Research Council's 2009 *Australian guidelines to reduce health risks from drinking alcohol*, retrieved from <https://www.nhmrc.gov.au/your-health/alcohol-guidelines>

<sup>1</sup> Foundation for Alcohol Research and Education, 2012 Annual Alcohol Poll, retrieved from <http://www.fare.org.au/research-development/community-polling/annual-alcohol-poll-2012/awareness-of-standard-drinks-and-the-guidelines/>

# Factsheet

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**ALCOHOL AND DRUGS  
IN THE WORKPLACE**

**Updated 2 April 2014.**