

# DEFINITION OF A STANDARD DRINK

Source: National Institute on Alcohol Abuse & Alcoholism



**10 oz. wine cooler or microbrew**



**4 oz. table wine**



**12 oz. beer**



**1 oz. 100 proof hard alcohol**



**6 oz. ice malt liquor**



**1 ¼ oz. 80 proof hard alcohol**



**8 oz. malt liquor or ice beer**

## FACTORS AFFECTING ABSORPTION:

Choice of drink  
Rate of consumption  
Effervescence (bubble or froth)  
Amount of food in stomach

## FACTORS OF OXIDATION:

Time: BAC is only reduced by .016% every hour