

# how many **DRINKS?** are in your glass ■

*wine*  
1 is not always 1



6 ounces  
12.2% ABV  
**1.2 drinks**



6 ounces  
15.0% ABV  
**1.5 drinks**



8 ounces  
12.5% ABV  
**1.7 drinks**



750 ml bottle  
**5 drinks**

**calculate. DRINK SMART. *be safe.***

## recommended limits

Males: No more than 4 per day and 14 per week  
Females: No more than 3 per day and 7 per week  
Driving? ZERO is the limit

1 glass of wine = 5 ounces, 12% alcohol by volume

Access an electronic drink calculator  
by scanning the QR code below



A tool provided by the NIAAA



BOISE STATE  
UNIVERSITY

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