Standard Drinks Cheat Sheet

How many US standard drinks and UK units are in common drinks, cans and bottles · built 3 Nov 2026 · atozalcohol.com

How to read this chart. One US standard drink = 14 g (0.6 fl oz) of pure alcohol (NIAAA). One UK unit = 10 ml or 8 g of pure alcohol (NHS). Container rows are the NIAAA figures for the typical strength shown; a stronger beer or wine holds more. Serving rows: US standard drinks = grams / 14, UK units = grams / 8. Where a source gives no strength we write "not given". We do not fill gaps with guesses.

Standard drinks in common containers (NIAAA)

Drink	Container	US standard drinks	Source and date read
Regular beer (about 5%)	12 fl oz	1	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Regular beer (about 5%)	16 fl oz	1 1/3	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Regular beer (about 5%)	22 fl oz	2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Regular beer (about 5%)	40 fl oz	3 1/3	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Malt liquor (about 7%)	12 fl oz	1 1/2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Malt liquor (about 7%)	16 fl oz	2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Malt liquor (about 7%)	22 fl oz	2 1/2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Malt liquor (about 7%)	40 fl oz	4 1/2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
Table wine (about 12%)	750 ml bottle	5	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
80-proof spirits (40%)	Shot (1.5 fl oz glass or 50 ml bottle)	1	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
80-proof spirits (40%)	Mixed drink or cocktail	1 or more	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
80-proof spirits (40%)	200 ml ("half pint")	4 1/2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
80-proof spirits (40%)	375 ml ("pint" or "half bottle")	8 1/2	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026
80-proof spirits (40%)	750 ml ("fifth")	17	NIAAA Rethinking Drinking: drinks in common containers, read 3 Nov 2026

Alcohol in one serving (USDA and the makers)

Drink	Serving	ABV	Alcohol (g)	US std drinks	UK units	Source and date read
Coffee liqueur (53 proof, typical)	1.5 fl oz serving	26.5%	11.3	0.8	1.4	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Coffee liqueur (63 proof, typical)	1.5 fl oz serving	31.5%	13.5	1.0	1.7	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Coffee liqueur with cream (34 proof, typical)	1.5 fl oz serving	17%	6.5	0.5	0.8	USDA FoodData Central, SR Legacy, read 31 Oct 2026

Alcohol in one serving (USDA and the makers)

Drink	Serving	ABV	Alcohol (g)	US std drinks	UK units	Source and date read
Vodka (80 proof)	1.5 fl oz shot	40%	14.0	1.0	1.8	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Rum (80 proof)	1.5 fl oz shot	40%	14.0	1.0	1.8	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Whiskey (86 proof)	1.5 fl oz shot	43%	15.1	1.1	1.9	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Gin, rum, vodka or whiskey (80 proof)	1.5 fl oz shot	40%	14.0	1.0	1.8	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Red table wine	5 fl oz glass	not given	15.6	1.1	1.9	USDA FoodData Central, SR Legacy, read 31 Oct 2026
White table wine	5 fl oz glass	not given	15.1	1.1	1.9	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Sweet dessert wine	3.5 fl oz glass	not given	15.8	1.1	2.0	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Dry dessert wine	3.5 fl oz glass	not given	15.8	1.1	2.0	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Regular beer	12 fl oz can	not given	13.9	1.0	1.7	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Kahlúa Original (20% ABV, US/EU bottling)	1.5 fl oz (44 ml) serving	20%	7.0	0.5	0.9	Pernod Ricard e-label L00032 (Kahlúa Original 20%) and Kahlúa US FAQ (caffeine), read 31 Oct 2026
Baileys Original Irish Cream (17% ABV)	50 ml serving (producer's serve)	17%	6.8	0.5	0.8	Baileys product page (Baileys ROW), read 31 Oct 2026
Frangelico hazelnut liqueur (20% ABV)	1.5 fl oz (44 ml) serving	20%	7.0	0.5	0.9	Frangelico official site footer, read 31 Oct 2026
Cointreau L'Unique (40% ABV)	30 ml serving (producer's serving)	40%	9.5	0.7	1.2	Cointreau FAQ (US site, read in Chrome), read 31 Oct 2026
Patrón Silver tequila (40% ABV)	44 ml (1.5 fl oz) serving	40%	13.9	1.0	1.7	Patrón Silver product page, read 31 Oct 2026
Tito's Handmade Vodka (40% ABV, 80 proof)	1.5 fl oz (44 ml) serving	40%	14.0	1.0	1.8	Tito's Contact & FAQs, read 31 Oct 2026
Don Julio Reposado tequila (40% ABV)	1.5 fl oz (44 ml) serving	40%	14.0	1.0	1.8	Don Julio Reposado product page, read 31 Oct 2026

Free calculators on atozalcohol.com/tools/: standard drinks, UK units, shots in a bottle, ABV to proof, calories, rubbing alcohol dilution.

Sources (web addresses)

NIAAA Rethinking Drinking: drinks in common containers: https://rethinkingdrinking.niaaa.nih.gov/how-much-too-much/how-many-drinks-are-common-containers
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175097/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173665/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175098/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174818/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174817/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174819/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174815/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173190/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174837/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173176/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175112/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/168746/nutrients
Pernod Ricard e-label L00032 (Kahlúa Original 20%) and Kahlúa US FAQ (caffeine): https://e-label.pernod-ricard.com/L00032
Baileys product page (Baileys ROW): https://www.baileys.com/en/products/baileys-original-irish-cream
Frangelico official site footer: https://frangelico.com/
Cointreau FAQ (US site, read in Chrome): https://www.cointreau.com/us/en/faq
Patrón Silver product page: https://www.patrontequila.com/en-gb/products/patron-silver.html
Tito's Contact & FAQs: https://www.titosvodka.com/contact-faqs
Don Julio Reposado product page: https://www.donjulio.com/en-us/our-tequilas/don-julio-reposado-tequila
NIAAA: What is a standard drink?: https://www.niaaa.nih.gov/alcohols-effects-health/what-standard-drink
NHS: calculating alcohol units: https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/