

Appendix A: Standard drink size illustration (Actual size)

Maximum recommended limits:	
Men	4 per day 14 in a week
Women	3 per day 7 in a week



Wine
5oz (12%)

Fortified wine
3oz (18%)

WINE

100 calories

12 - 18%



BEER

150 calories

5%

SPIRITS

1.5oz

65 calories



40%

Beer (can)

12 oz
341 ml
5% alcohol

Wine

5 oz
142 ml
12% alcohol

Fortified wine

3 oz
85 ml
18% alcohol

Spirits

1.5 oz
43 ml
40% alcohol

Source: Management of Alcohol, Tobacco and Other Drug Problems: A Physician's Manual, Centre for Addiction and Mental Health, 2000, p. 72
 * Average calories per type of drink. NB. All of these drinks contain 13.6 grams of alcohol.