

For these
guidelines,
“a drink”
means:



Beer
341 ml (12 oz.)
5% alcohol
content



**Cider/
Cooler**
341 ml (12 oz.)
5% alcohol
content



Wine
142 ml (5 oz.)
12% alcohol
content



Distilled Alcohol
(rye, gin, rum, etc.)
43 ml (1.5 oz.)
40% alcohol content