

# What is a standard drink?



**LIGHT  
BEER**

425 ml | 2.7% alc/vol



**MID STRENGTH  
BEER**

375 ml | 3.5% alc/vol



**FULL STRENGTH  
BEER**

285 ml | 4.9% alc/vol



**REGULAR  
CIDER**

285 ml | 4.9% alc/vol



**SPARKLING WINE**

100 ml | 13% alc/vol



**WINE**

100 ml | 13% alc/vol



**FORTIFIED WINE**

(e.g. sherry, port)  
60 ml | 20% alc/vol



**SPIRITS**

(e.g. vodka, gin, rum, whiskey)  
30 ml | 40% alc/vol

The standard drink is defined in the Australia and New Zealand Food Standards Code.