



# KNOW YOUR STANDARDS QUIZ

## What is a standard drink?

- The glass sizes they serve at the pub
- A 30ml nip of spirits, 100ml of wine, a middy of full-strength beer
- A glass of wine, a bottle of beer, a nip of spirits

## How long does it take the body to process or break down one standard drink?

- Half an hour
- One hour
- Depends on the drink

## True or false:

The line on a wine glass indicates 1 standard drink?                      T                      F

## To check how many standard drinks are in an alcoholic drink in a bottle or a can:

- Check the label
- Look under the bottle top or ring-pull
- The number of standard drinks isn't on the label in Australia

## Does drinking coffee sober you up faster?

- Yes
- No
- It depends on what type of alcohol you have consumed

## According to the Australian Alcohol Guidelines, what's the maximum number of standard drinks a healthy adult should have in a week?

- No more than ten
- Two drinks a day, 14 in a week
- One drink a day, but you can save them up for the weekend

[sl.nsw.gov.au/drug-info](http://sl.nsw.gov.au/drug-info)

# Answers

## What is a standard drink?

A 30ml nip of spirits, 100ml of wine, a middy (285ml) of full-strength beer - a 'serving' of alcohol such as a glass of wine, bottle of beer or a free-poured nip of spirits may contain more than one standard drink.

Beer		Wine		Spirits		Cider	
Light	Full Strength	Red/White	Champagne	Shot	Pre-Mix	Pot/Middy	Bottle
							
2.7% Alc./Vol	4.6% Alc./Vol	12% Alc./Vol	12% Alc./Vol	40% Alc./Vol	5% Alc./Vol	5% Alc./Vol	5% Alc./Vol
285ml	285ml	100ml	100ml	30ml	375ml	285ml	375ml
<b>0.6</b>	<b>1.0</b>	<b>1.0</b>	<b>1.0</b>	<b>1.0</b>	<b>1.5</b>	<b>1.1</b>	<b>1.5</b>

## How long does it take the body to process or break down one standard drink?

It takes about an hour for the body to break down the alcohol in one standard drink, although there is considerable variation between individuals. It takes longer if there is damage to the liver.

## True or false: The line on a wine glass indicates 1 standard drink?

False - When at a licensed venue, the line on a wine glass does NOT indicate a Standard Drink measure. This line indicates approximately 150-180ml which enables the venue to control the distribution of wine.

## To check how many standard drinks are in an alcoholic drink in a bottle or a can:

In Australia, all bottles, cans and casks containing alcoholic beverages are required by law to state on the label the approximate number of standard drinks they contain.

## Does drinking coffee sober you up faster?

No - nothing will sober a person up except time. Your liver needs time to eliminate the alcohol from your system and nothing you do can speed this process up.

## According to the Australian Alcohol Guidelines, what's the maximum number of standard drinks a healthy adult should have in a week?

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.

For more information about alcohol and standard drinks visit our website:

[www.druginfo.sl.nsw.gov.au/alcohol](http://www.druginfo.sl.nsw.gov.au/alcohol)

Drug Info provides up to date information about alcohol and drugs via a dedicated website and through local public libraries in New South Wales. Drug Info is a joint initiative of NSW Health and the State Library of NSW.