One Drink at a Time

If you drink, you may be drinking more than you think. One **standard drink** is about 14 grams of ethanol or ethyl alcohol.

**RED SOLO CUP MEASUREMENTS**

Red solo cups help you measure one standard drink size.

- **12 oz. Beer**
- **5-6 oz. Wine**
- **1.5 oz Liquor**

**TURN UP! Tip:** To feel "buzzed" place your drinks to one standard drink to one or fewer per hour.

[wellness.sfsu.edu/requestaworkshop](wellness.sfsu.edu/requestaworkshop)