

C

APPENDIX C: STANDARD DRINK CONVERSION FORMULAS

The formula for calculating standard drinks:

$$\text{Volume of container in litres} * \% \text{ alcohol by volume (ml/100ml)} * 0.789 = \text{The number of standard drinks}$$

Note: The specific gravity of ethyl alcohol is: **0.79**

BEER		Beer cans (375-440ml)	Small beer bottle (330-375ml)	Large beer bottle (approx 750ml)	Small beer glass (210ml)	Medium beer glass (285 ml)		Large Beer glass (425 ml)		
					head	no head	head	no head	head	no head
% alc/vol assumed		0.38	0.38	0.75	0.21	0.18	0.29	0.26	0.43	0.39
4.9	Home-brewed	1.45	1.45	2.90	0.81	0.70	1.10	1.00	1.64	1.49
4.9	Regular Strength	1.45	1.45	2.90	0.81	0.70	1.10	1.00	1.64	1.49
3.35	Mid Strength	0.99	0.99	1.98	0.56	0.48	0.75	0.68	1.12	1.02
2.65	Low alcohol	0.78	0.78	1.57	0.44	0.38	0.60	0.54	0.89	0.81

WINE		Small wine bottle (375ml)	Large wine bottle (750ml)	Small wine glass (120ml)	Medium Wine Glass (180ml)	Large Wine Glass (220ml)
		% alc/vol assumed		0.38	0.75	0.12
12.95	Home made	3.83	7.66	1.23	1.84	2.25
11.35	Cask	3.36	6.72	1.07	1.61	1.97
12.95	Bottle	3.83	7.66	1.23	1.84	2.25

WINE COOLER		Small bottle (250ml)	Large bottle (750ml)	Small wine glass (120ml)	Medium Wine Glass (180ml)	Large Wine Glass (220ml)
		% alc/vol assumed		0.25	0.75	0.12
3.5	Coolers	0.69	2.07	0.33	0.50	0.61

PRE-MIXED Spirits		Cans (375 ml)	Bottles (300ml)	Large bottle (650ml)
		% alc/vol assumed		0.38
5	Pre mixed Spirits	1.48	1.18	2.56

SPIRITS (straight)		Mini bottle (50ml)	Small bottle (350ml)	Large bottle (700ml)	One Nip (30ml)	Two nips (60ml)	Three nips (90ml)
		% alc/vol assumed		0.05	0.35	0.70	0.03
41.7	Bottle spirits/liquers	1.65	11.52	23.03	0.99	1.97	2.96

ALCOHOLIC SODA		Small bottle (250ml)	Small bottle (330ml)	Small beer glass (210ml)	Medium beer glass (285 ml)	Large Beer glass (425 ml)
		% alc/vol assumed		0.25	0.33	0.21
5	Alcoholic Soda	0.99	1.30	0.83	1.12	1.68