

## **So what is a standard alcoholic drink?**

A standard drink contains 10 grams of pure alcohol or ethanol. Depending on the level of alcohol, a standard drink can vary but for most table wines a standard drink is somewhere around 100-120 millilitres.

A standard drink, as seen on wine bottles, is calculated on the size of the container and the percentage of alcohol inside it, hence alcohol readings need to be as accurate as possible.

Confusingly, producers are required to work on actual alcohol levels, not necessarily the figure they put on the bottle. Many aren't aware of this legal requirement.

A 750-millilitre bottle of wine with 12.5% alcohol is calculated thus:  $0.75 \times 12.5 \times 0.789$  (specific gravity of ethanol) = 7.39 standard drinks (or 7.4 when rounded off).

*This article was extracted from:*

**<http://www.theage.com.au/articles/2008/03/24/1206206976416.html>**