

WHEN YOU FILL ME UP

BEER

12 OZ



LIQUOR

1.5 OZ



WINE

4 OZ



HOW MUCH ARE YOU DRINKING ?

BINGE DRINKING: WHAT IS IT?

5 OR MORE ALCOHOLIC DRINKS ON THE SAME OCCASION FOR MALES OR 4 OR MORE ALCOHOLIC DRINKS ON THE SAME OCCASION FOR FEMALES



MALE



FEMALE

STANDARD DRINK SIZE

WHAT IS IT?



12 OUNCES OF
BEER, SELTZER,
OR ALCOPOPS
(5% ALCOHOL)

=



5 OUNCES OF
WINE
(12% ALCOHOL)

=



1.5 OUNCES
(40% ALCOHOL)



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THIS MATERIAL WAS MADE POSSIBLE BY FUNDS FROM THE COUNTY OF LOS ANGELES, DEPARTMENT OF PUBLIC HEALTH, SUBSTANCE ABUSE PREVENTION AND CONTROL

