

Did You Know?

One (1) standard alcoholic drink=

- 1.5 oz shot of 80 proof liquor
- 5 oz of table wine
- 8-9 oz of malt liquor
- 12 oz of beer or wine cooler



To avoid consuming too much alcohol on any one occasion, try the following tips:

- 1. Know** how much is considered one standard drink.
- 2. Track** how much you've been drinking.
- 3. Pace** your alcohol intake over a single time frame.

See if alcohol is negatively affecting your life by taking an anonymous self-assessment at

www.CollegeResponse.org

