

**Your body
can only
process
1 standard
drink per
hour...**

...and there is no way to speed this process up so get to know your standard drinks and keep count to stay safe and sociable when you're drinking.



For more information visit
AlcoholandMe.org.nz

For tips and tools to help you make smarter decisions about drinking, follow us:

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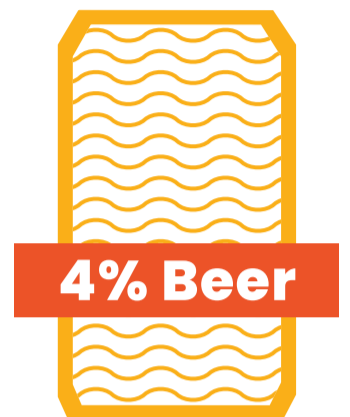
1 standard drink is a drink containing 10g of pure alcohol.

Take a look...



**1 Standard drink
= 510ml**

330ml Bottle/can
= 0.7 standard drinks



**1 Standard drink
= 330ml**

330ml Bottle/can
= 1 standard drinks



**1 Standard drink
= 255ml**

330ml Bottle/can
= 1.3 standard drinks



**1 Standard drink
= 100ml**

750ml Bottle
= 7.7 standard drinks



**1 Standard drink
= 30ml***

1 Litre Bottle
= 31.6 standard drinks

*30ml is a typical 'double' pour



**1 Standard drink
= 180ml**

250ml can
= 1.4 standard drinks