

# DO YOU KNOW HOW MUCH YOU ARE DRINKING?

12 fl oz of  
regular beer

=

8-9 fl oz of  
malt liquor  
(shown in a 12 oz glass)

=

5 fl oz of  
table wine

=

1.5 fl oz shot of  
80-proof spirits  
(“hard liquor” — gin, rum,  
whiskey, vodka, tequila, etc.)



The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Take an anonymous online alcohol use assessment at  
**[AfterDeployment.dcoe.mil/assessment/alcohol](https://AfterDeployment.dcoe.mil/assessment/alcohol)**