In the U.S, a standard drink contains about 0.6 fluid ounces or 14 grams of pure alcohol (also known as an alcoholic drink-equivalent). Although the drinks pictured are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink.

NIAAA Rethinking Drinking, 2019

Be aware, different bars and people make these drinks differently, and alcohol content or standard drinks may vary. To learn more, visit www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/Default.aspx.

NIAAA Rethinking Drinking, 2019

How strong is your mixed drink?

<table>
<thead>
<tr>
<th>COCKTAIL</th>
<th>STANDARD DRINKS</th>
<th>%ALC./ VOL.</th>
<th>SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mojito</td>
<td>1.3</td>
<td>13.3% ABV</td>
<td>6 Fl. Oz.</td>
</tr>
<tr>
<td>Margarita</td>
<td>1.7</td>
<td>33.3% ABV</td>
<td>3 Fl. Oz.</td>
</tr>
<tr>
<td>Pina Colada</td>
<td>2.0</td>
<td>13.3% ABV</td>
<td>9 Fl. Oz.</td>
</tr>
<tr>
<td>Bourbon &amp; Water</td>
<td>1.3</td>
<td>13.3% ABV</td>
<td>6 Fl. Oz.</td>
</tr>
<tr>
<td>Cosmopolitan</td>
<td>1.3</td>
<td>27.3% ABV</td>
<td>2.75 Fl. Oz.</td>
</tr>
</tbody>
</table>

What is "low-risk" drinking?

“Low-risk” is NOT “no risk.” It’s safest to avoid alcohol altogether if you are:

* Taking medications that interact with alcohol
* Underage
* Planning to drive a vehicle
* Pregnant or trying to become pregnant

NIAAA Rethinking Drinking, 2019
Inability to be awakened by shouting, pinching or shaking

Vomiting while passed out

Alcohol poisoning can be fatal. Call 911 if a person has any of the following symptoms:

- Unconscious or semiconscious
- Slow or irregular breathing
- Pal, bluish, color or clammy skin
- Inability to be awakened by shouting, pinching or shaking
- Vomiting while passed out

**Consequences of High-risk College Drinking**

Estimated Among Full-time College Students Ages 18-24

- **Academic Problems** = 1 in 4
  

- **Abuse/Dependence** = 1 in 5
  
  General Psychiatry, 2003

- **599,000 Injuries**
- **97,000 Sexual Assaults**
- **1,825 Deaths**
- **2.7 Million DUI Drive Under The Influence of Alcohol**

Do The Right Thing: If you suspect alcohol poisoning, CALL 911