

A Drink is a Drink is a Drink



Alcohol

C_2H_5OH (ethanol/ethyl alcohol)

A drug that is mistakenly thought of as food.

WHAT IS CONSIDERED A STANDARD DRINK?

On average, for an adult, the liver can only break down **one drink per hour**. Any more than that, and the alcohol enters the bloodstream, affecting all organs until the liver can process it.

One standard drink is equal to:

Beer (5% alcohol)	12 ounces
Wine (12% alcohol)	5 ounces
Fortified Wine	3 ounces
Hard Liquor (80-proof)	1.5 ounces

With light beer or light wine, standard drinks are calculated in terms of a ratio. For example, 12 oz of a light beer (2.5% alcohol content) equals 1/2 of a standard drink. 12 oz of a light beer (4% alcohol content) equals 4/5 of a standard drink.

HOW MANY DRINKS ARE IN A BOTTLE OF...

Wine		Hard Liquor	
25 oz (750 ml)	5 drinks	12 oz (mickey)	8 drinks
40 oz (1.14 L)	8 drinks	25 oz (750 ml)	17 drinks
25 oz Fortified	8 drinks	40 oz (1.14 L)	27 drinks

EFFECTS OF DRINKING

Below are the effects a person would feel if the specified number of drinks were consumed in one hour.

1 to 3 drinks	Lessened self-control, inhibitions, and memory; weakened fine motor skills
3 to 6 drinks	Exaggerated emotions; dulled vision; decreased muscle coordination; impaired judgment and response ability
7 to 10 drinks	Dulled vision, hearing, and speech; impaired motor coordination and balance; alcoholic coma
10-14 drinks	Slowed heart rate; stopped or slowed breathing; alcohol poisoning; death

For help or information, call NCADA at 314.962.3456 or visit ncada-stl.org

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