

# ABCS OF ABVs



A beer, glass of wine or cocktail can be part of an enjoyable and balanced lifestyle for most adults.<sup>1</sup> And the 2020 U.S. Dietary Guidelines for Americans correctly emphasizes that you should drink responsibly and in moderation at all times, if you choose to drink.<sup>2</sup>

## WHAT EXACTLY IS CONSIDERED MODERATE DRINKING?



## WHAT IS CONSIDERED A STANDARD DRINK?

It really comes down to what's known as "alcohol by volume" – or ABV. That's how much alcohol is in a particular container of alcohol.<sup>3</sup>

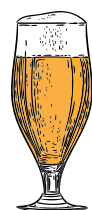
According to the Dietary Guidelines, examples of a standard drink include:



**1.5 fluid ounces** of  
distilled spirits at 40%  
alcohol-by-volume



**5 fluid ounces**  
of wine at 12%  
alcohol-by-volume



**12 fluid ounces** of  
regular beer at 5%  
alcohol-by-volume



**12 fluid ounces** of  
ready-to-drink cocktail at 5%  
alcohol-by-volume

## WHAT SHOULD YOU REMEMBER?

Each of these drinks has the SAME AMOUNT of alcohol in them – 0.6 fluid ounces of ethanol. That's one of the most important facts to understand in order to practice responsible drinking. **Alcohol is alcohol. It's not what you drink, it's how much you drink that counts.**

## WHY IS THIS IMPORTANT?

**Nearly 9 out of 10 adults in the U.S. don't know**

that a standard drink of beer or wine has the same amount of alcohol as a standard drink of distilled spirits – such as whisky, vodka or rum.

## THE BOTTOM LINE

If you choose to enjoy an alcohol beverage, remember the ABCs of ABVs:



**Alcohol is alcohol**



**Be mindful of alcohol content**



**Consume in moderation**

**It's not about whether you choose beer, wine or a spirit. It's about the practice of moderation.**

<sup>1</sup> Consumers should discuss alcohol use with their healthcare providers, who can determine what is best for them.

<sup>2</sup> To learn more, visit [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

<sup>3</sup> To calculate how many drinks are in your beverage, visit [StandardDrinks.org](https://www.StandardDrinks.org).