

How many drinks?

Many times people will say “I only had one or two drinks that night.” When they perhaps should really be saying “I had 8 drinks that night.” There is a common misperception that one glass is equal to one drink.

What is one drink??

One Drink =

One 12 oz. beer at 4% alcohol
(look at the label)

One 1.5 oz shot of hard liquor
at 40% alcohol or 80 proof

One 5 oz. glass of wine

So when you are drinking mixed drinks, you might be getting more than you bargained for, and much more intoxicated than you expected.

So *how many*drinks are in some of the most popular mixed drinks??

1 LONG ISLAND ICED TEA = 4-5 drinks

The most traditional recipe for this drink contains **5** different types of hard alcohol.

1 SEX ON THE BEACH = about 3 drinks

This drink is typically a mix of two kinds of alcohol

1 PINA COLADA = about 3 drinks

3 shots of one type of alcohol

1 SCREWDRIVER= about 2 drinks

This is the traditional recipe. Depending on where/who makes it this could be up to *several more* drinks.

1 COSMOPOLITAN = about 3 drinks

3 kinds of alcohol

1 MARGARITA = about 3 drinks

This again, all depends on the restaurant or bar. Many restaurants have *much* stronger versions with more types of alcohol added.

1 RUM AND COKE = 2 drinks

Based on the traditional bar recipe.

1 TEQUILA SUNRISE = 2 drinks

Based on the traditional recipe.

1 GRATEFUL DEAD = 2-3 drinks

Includes *5 different types* of alcohol

How much are you really drinking?

It can be difficult to work out if your drink is a standard drink because glass sizes are not the same in different drink venues, and different types of drinks contain different proportions of alcohol per volume.

It can also be difficult to keep track of your drinking when containers such as jugs and casks are being shared, when glasses are being topped up before they are empty and when drinks are mixed with unknown quantities of alcohol, such as in cocktails and alcoholic punches.

It takes your body 1 hour to process one drink. If you are drinking mixed drinks with

multiple drinks inside you are giving your body more alcohol than it can handle.

Remember that sweet-flavored pre-mixed drinks often mask the taste of the alcohol, but they *do not* mask the effects.

It's very personal...

Every individual reacts differently to alcohol. Your individual body composition, your use of medication, your mood changes, or your personal metabolism rate all affect how your body handles alcohol. Just keep in mind that your body processes alcohol at a constant rate of .5 oz. per hour, regardless of how many ounces you consume.

Therefore, the faster you drink, the higher your blood alcohol level will be.

“Mixed” Messages: How many drinks?

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