Appendix A: **Standard drink size illustration** (Actual size)

**WINE**
- 100 calories
- 5oz (12% alcohol)
- 12 - 18% alcohol

**BEER**
- 150 calories
- 12 oz
- 341 ml
- 5% alcohol

**Fortified wine**
- 3 oz
- 85 ml
- 18% alcohol

**SPIRITS**
- 1.5 oz
- 43 ml
- 40% alcohol

### Maximum recommended limits:

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 per day</td>
<td>2 per day</td>
</tr>
<tr>
<td></td>
<td>15 in a week</td>
<td>10 in a week</td>
</tr>
</tbody>
</table>

Average calories per type of drink:
- BEER: 150 calories
- WINE: 100 calories
- Fortified wine: 85 calories
- SPIRITS: 65 calories


*Note: All of these drinks contain 13.6 grams of alcohol.*