

## Standard Drink Guide





285ml 425ml **Full Strength Beer** 4.9% Alc./Vol.



285ml 425ml Mid Strength Beer 3.5% Alc./Vol



425ml 285ml **Light Beer** 2.7% Alc./Vol



1.5 375ml Full Strength Beer 4.9% Alc./Vol



375ml Mid Strength Beer 3.5% Alc./Vol



0.8 375ml Light Beer 2.7% Alc./Vol





Darwin

nealthy**living**N

## Alice Springs

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Healthy Living NT is the trading name of the Diabetes Association of the Northern Territory Incorporated.

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1.5 375ml Pre-mix Spirits 5% Alc./Vol



1.2 300ml **Pre-mix Spirits** 5% Alc./Vol



30ml Spirit Nip 40% Alc./Vol



22 700ml **Bottle of Spirits** 40% Alc./Vol



30ml Spirit Shot 40% Alc./Vol



60ml Port/Sherry Glass 20% Alc./Vol



1.5 170ml Average Serve of Sparkling Wine/ Champagne 11.5% Alc./Vol



1.5 150ml Average Serve of Wine 12.5% Alc./Vol



7.5 750ml Bottle of Wine 12.5% Alc./Vol

