How many drinks are in your Big Red Cup?

**beer**
- 12 oz (5% alcohol)

**hard alcohol**
- 1.5 oz (80 proof: 40% alcohol)

**wine**
- 5 oz (12% alcohol)

1 drink = how much?

Know the STRENGTH (proof). Know the AMOUNT (oz.) Know the TIME (consumption rate).

**Stick to the buzz.**

Target Safety

Cornell University

Calculate your Blood Alcohol Concentration:
health.cornell.edu
[Search “BAC”]