How many drinks are in your Big Red Cup?

1 drink = how much?

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

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

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

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: www.gannett.cornell.edu [Search “BAC”]

21 to drink legally