

Infographic: How Strong is That Mixed Drink?

National Institutes of Health

Alcohol awareness

Many popular mixed drinks can be much stronger than a U.S. "standard drink," defined as the amount of alcohol in a single beer, glass of wine or shot of hard liquor:



SOURCE: National Institutes of Health

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How strong is that pina colada? Depending on how it's made, it could contain as much alcohol as two glasses of wine. **(National Institutes of Health)**

Read: [Summer Cocktails May be More Potent Than You Think](#) [1]

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Links:

[1] <http://www.apexchange.com/pages/OneUp.aspx?id=280864ba59264db7a90bbe2ca7aee1e9&links=BEVERAG,FOOD,USABL,W27Y2014,WK27Y2014&fid=9126132a11294e8aa9d2d60ed4706f69&Token=&media=Text&slug=AP-US-MED-How-Much-Alcohol&format=nitf&site=1>