

PSSST...

Don't tell your drink this, but

Not All Drinks
★ ★ are ★ ★
CREATED EQUAL

Some have two or more times the amount of alcohol. Which makes volume a key thing to know when you're counting drinks.

HOW LOUD IS YOUR DRINK?

SPEAK VOLUMES.nd.gov



Pint Craft Beer
(7.5 ABV)



5oz. Wine



Martini



*Long Island
Iced Tea*

SOUND CHECK

Let's talk about

The Volume of Alcohol in YOUR DRINK

You see, not all drinks are created equal.
Some are as strong as two or more drinks.
Which makes volume a key measure when
keeping your drinking in check.

HOW LOUD IS YOUR DRINK?

SPEAK VOLUMES.nd.gov

know your
DRINK
know your
LIMIT



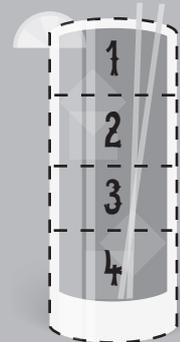
Pint Craft Beer
(7.5 ABV)



5oz. Wine



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IT'S HAPPY HOUR.

Do you know

The Volume of Alcohol

★ ★ in ★ ★

YOUR DRINK?

Not all drinks are created equal. Some have two or more times the volume of alcohol. Which makes volume a key thing to know if you want to keep your happy hour, well, happy.

HOW LOUD IS YOUR DRINK?

SPEAK VOLUMES.*nd.gov*

know your
DRINK
know your
LIMIT



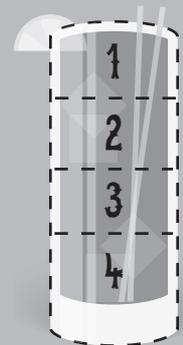
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