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Speak in volumes and you'll speak volumes about how much you're drinking.

Drinking has a language all its own.

~

How well do you speak it?

Question: (T or F)
Alcohol By Volume (ABV) is used to measure the volume of alcohol in beer and wine.

Answer: True
It is. Problem is, it's not always present on every container. And even when it is, it takes some math to figure out how much alcohol you're drinking.

Here's a guideline: A 12-ounce drink with an ABV of 5 percent is roughly one drink (.6 fluid ounces of pure alcohol).

Question: (T or F)
The definition of binge drinking differs for men and women.

Answer: True
It does differ, but only slightly. For women, binge drinking is defined as four or more drinks within two hours. For men, it's five.

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How well do you speak it?

Question: (T or F)
An ounce of pure alcohol is considered one standard drink.

Answer: False
While many people think an ounce of pure alcohol is a standard drink, it's actually .6 ounces. Of course, we don't drink alcohol in its purest form. Most hard liquors are 40 to 50 percent alcohol. About that shot glass: At 1.5 ounces, an 80-proof bourbon (40 percent pure alcohol) works out to be one standard drink.

Question: (T or F)
Proof and percentage of alcohol are interchangeable.

Answer: False
This is a tricky one. Yes, proof and percentage both relate to volume of alcohol.
But proof is always double the percentage.
For example, an 80-proof bottle of vodka is 40 percent alcohol.

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