Do the lines on solo cups actually represent “liquor amounts”? 

Although red Solo cups were not made with the intent of using them to measure alcohol serving size, the lines on the cups do indicate various measurements (see image to the right).

When you drink out of a Solo cup, (or any cup), it’s hard to know how much alcohol you’re consuming. Keep in mind, a standard drink size is 12 oz of beer, 4-5 oz of wine, and 1 oz of liquor.

Measuring your drinks is a good way to moderate; however, it’s not always easy. If/when you drink, try these other moderation tips next time:

- Pace yourself and sip slowly – try only one drink an hour.
- Set a lower drinking limit.
- Drink water before, during, and after consuming alcohol.

86% of UA students usually party one night a week or less. (2018 Health & Wellness Survey, n = 5,438)

Got a question about alcohol? Email it to redcup@email.arizona.edu