

Wine Glasses

They're getting bigger!

A typical white wine glass holds **8-12 ounces** of wine.

Most people **overfill their glasses** and drink more than a single serving of wine at a time.

A typical red wine glass holds **9-14 ounces** of wine.

According to the CDC, a standard alcoholic drink is **5 ounces** of wine.

Wine experts say to fill a glass no more than **halfway**, to leave room to trap the bouquet.

Choose a **smaller glass** and fill it **halfway**