

At-Risk Drinking— How much is too much?

What is a standard drink?



How much do you drink?

Type of Alcohol	Amount = Number of Standard Drinks
Beer:	12 oz = 1
	16 oz = 1 1/3
	22 oz = 2
	40 oz = 3 1/3
Malt Liquor:	12 oz = 1 1/2
	16 oz = 2
	22 oz = 2 1/2
	40 oz = 4 1/2
Wine:	5 oz = 1
	750 ml bottle = 5
Liquor:	1.5 oz shot = 1
	Mixed drink = 1 or more
	Pint = 11
	Fifth = 17
	Quart = 21

How much is safe?

Low-Risk Drinking Limits*

	No more than <u>?</u> standard drinks	
	Per Day	Per Week
Healthy Men	4	14
Healthy Women	3	7
All Ages ≥ 65	3	7
No drinking if driving, pregnant, or possibly dependent		

Drinking too much can cause some health problems and/or make some problems worse.
You may talk with your doctor if you have questions about your drinking.

*National Institute on Alcohol Abuse & Alcoholism, 2010, *Rethinking Drinking*