

At-Risk Drinking— How much is too much?

What is a standard drink?

12 oz Beer **8-9 oz Malt Liquor** **5 oz Wine** **1.5 oz/ 1 shot Liquor**

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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*