

Be wise TO SIZE.

What is moderate drinking?

It means no more than 1 drink a day for women and no more than 2 for men. Some people should drink less – or not use alcohol at all. If you have questions about alcohol use or have difficulty drinking in moderation, talk with your doctor.

WHAT COUNTS AS A DRINK?



BEER, ALE OR WINE COOLER

12 ounces at
5% alcohol



MALT LIQUOR

8 ounces at
7% alcohol

100-PROOF SPIRITS

1 ounce at
50% alcohol



80-PROOF SPIRITS

1.5 ounces at
40% alcohol



WINE

5 ounces at
12% alcohol



Know what you're sipping!



The percentage of alcohol in your drink may vary – so check the label or ask your server. If the percentage or serving size is larger than the examples above, it may count as more than 1 drink. And keep in mind: Some mixed drinks can contain 3 or more standard drinks.

The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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