



The Standard “Drink”

How Much is Too Much?

1 standard drink* is equivalent to:



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1 bottle of beer
(ale, lager)
12oz @ 5% alcohol

1 shot of spirits
(Whisky, Gin, Vodka)
1.5oz @ 40% alcohol


1 glass of wine
(red, white, Rosé)
5oz @ 12% alcohol

1 glass of liqueur
(Irish Cream, Schnapps)
2.5oz @ 25% alcohol

**The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.*

How much is too much?

For men, no more than

 **4** drinks on any single **day**
AND
14 drinks per **week**

For women, no more than

 **3** drinks on any single **day**
AND
7 drinks per **week**

To stay low risk, keep within BOTH the single-day AND weekly limits.*

Drinking the weekly limit of drinks in one day, or the daily limit every day, is **not okay!*

Something to think about:

If people don't understand how much a “drink” is, they will likely underestimate their drinking accidentally and in some cases on purpose. A really big cup is *not* 1 drink.

Regardless of amount, if someone is thinking about how much, then their drinking is probably a problem. **Ask! It makes a difference.**