

Do you know...

... what counts as 1
“standard drink”?

Each of these sample drinks has about the same amount of pure alcohol (0.6 fl oz or 14 g) and counts as a single “standard drink.” Actual % alcohol can vary.



12 fl oz beer
(about
5% alcohol)

5 fl oz table wine
(about
12% alcohol)

1.5 fl oz distilled
spirits (about
40% alcohol)



... the signs of an alcohol problem?

In the **past year** have you had times when you **drank more or longer** than you intended? ... More than once **tried to cut down or quit** but couldn't? ... Continued to drink even though it was causing **trouble with your family or friends**? ... Or continued to drink even though it was making you feel **anxious or depressed** or was **adding to another health problem**? And more.... Just 2 or 3 signs can signal a mild problem.

See all 11 signs at RethinkingDrinking.niaaa.nih.gov

WOMEN

1

DRINK OR
LESS IN A
SINGLE DAY



MEN

2

DRINKS OR
LESS IN A
SINGLE DAY



... the U.S. Dietary Guidelines for alcohol consumption?

These are **single day** limits--**not your average** over several days. Even these levels can **increase your risk for certain cancers**. Avoid alcohol if you are pregnant, or have a health condition made worse by drinking, or take medications that interact with alcohol.

Is alcohol negatively affecting your health or your life?

Is it time to rethink your drinking?

Talk to your healthcare professional today.



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NIAAA Healthcare Professional’s Core Resource on Alcohol
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