

Important Facts About Alcohol

What's a standard drink?



12 ounces
of beer



5 ounces
of wine



1.5 ounces
of 80-proof liquor

What's the alcohol percentage in a standard drink?

5%



12 fluid
ounces of
regular beer

7%



8-9 fluid
ounces of
malt liquor

12%



5 fluid
ounces of
table wine

24%



2-3 fluid
ounces of
cordial or
liqueur

40%



1.5 fluid
ounces of
brandy or
cognac

40%



1.5 fluid
ounces of
80-proof distilled
spirits or liquor



FACT

It's NOT safer to drink beer or wine instead of liquor. All the standard drinks listed here contain the same 0.6 ounces of alcohol. The percent is simply an average measure of alcohol by volume (alc/vol).

There is no safe level of alcohol use – even small amounts are not good for your health. The best way to avoid these health risks is to avoid drinking. The following short- and long-term health risks are associated with alcohol use:


- > Alcohol use disorder
- > Cancer
- > Cognitive decline
- > High blood pressure
- > Heart disease
- > Liver disease
- > Mental health concerns
- > Motor vehicle crashes
- > Stroke
- > Weakened immune system




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Moderate Drinking

Adults may choose to drink in moderation. Drinking less is better for your health than drinking more. Keep in mind that drinking any alcohol – even small amounts – may increase your risks for a variety of health conditions. Moderate drinking is:

 Men – Up to 2
standard drinks
per day



 Women – Up to 1
standard drink
per day




Heavy Drinking

Heavy drinking is linked to many chronic health problems. This includes liver disease, high blood pressure, many forms of cancer, and more. It's associated with motor vehicle crashes, falls, firearm injuries, burns, and other unintentional injuries. It's also a risk factor for suicide attempts. Heavy drinking is:

 Men – 15+
standard drinks
per week




 Women – 8+
standard drinks
per week




Binge Drinking

Binge drinking is a pattern of alcohol use that brings the blood alcohol concentration level to 0.08% or more. It's linked to the same deadly health concerns as heavy drinking. Binge drinking is:

 Men – 5+
drinks on a
single occasion



 Women – 4+
drinks on a
single occasion



Assess Your Drinking

Visit alcoholscreening.org to find out the severity and risk level of your alcohol use.

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