

Lower Risk Drink Limits

	PER DAY	PER WEEK
WOMEN	3	7
MEN	4	14
MEN(OVER 65)	3	7
LESS IS BETTER		

AVOID ALCOHOL IF YOU:

Take medications that interact with alcohol; Have a health condition made worse by alcohol; Plan to drive a vehicle or operate machinery; Are under 21 years of age; Are pregnant or trying to become pregnant

WHAT IS A STANDARD DRINK?

Any drink that contains about 14 grams of alcohol.



12 OZ. BEER



5 OZ. WINE



1.5 OZ. LIQUOR



Peer Assistance Services



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