

INSPIRED

To Make Healthy Choices

Do you think "everyone" drinks?

There are many misperceptions when it comes to alcohol use by adults in the US. Did you know that a survey conducted in 2013 found that 71% of adults drank during the year, while **only 56% drank during the past month?** The survey also found that of the 71%, approximately 37% always drink at low levels while 28% drink at heavy or at-risk levels.

Another misperception is what counts as a drink. A **single, "standard" drink is 12 ounces of regular beer (about 5% alcohol) or 8-9 fluid ounces of malt liquor (about 7% alcohol) or 5 fluid ounces of table wine (about 12% alcohol) or 1.5 fluid ounce shot of 80-proof spirits (about 40% alcohol).** Check out the infographic below which clearly shows how many standard drinks are in common containers.

How many standard drinks are you consuming?

Standard Drink	Drinks Per Container	Calories
12 fl oz about 5% alcohol 	regular beer 12 fl oz = 1 16 fl oz = 1 1/3 22 fl oz = 2	Light 12 oz = 100-145
8-9 fl oz (shown in a 12 oz glass) about 7% alcohol 	malt liquor 12 fl oz = 1 1/2 16 fl oz = 2 22 fl oz = 2 1/2	Regular 12 oz = 150-200
5 fl oz about 12% alcohol 	table wine 750 ml (regular wine bottle) = 5	Red 5 oz 125 White 5 oz 121 Sweet 3 1/2 oz 165 Sherry 2 oz 75 Port 2 oz 90 Champagne 4 oz 84 Sweet Vermouth 3 oz 140 Dry Vermouth 3 oz 105
1.5 fl oz shot (gin, rum, tequila, vodka, whiskey, etc.) 40% alcohol 	80-proof distilled spirits a shot (1.5 oz glass /50 ml bottle) = 1 a mixed drink or cocktail (1.5 oz glass /50 ml bottle) = 1+	Gin, Rum, Vodka, Whiskey, Tequila 1.5oz 97 Brandy, Cognac 1.5oz 98 Liqueurs 1.5oz 165

Drinking alcoholic beverages as adults can be beneficial or harmful, depending on your age, health status, the situation and how much you drink. **It is important to remember that "low risk" does not mean that there is no risk of negative consequences.**

Low-risk drinking limits		
	MEN	WOMEN
On any single DAY	No more than 4 drinks on any day	No more than 3 drinks on any day
** AND **		
Per WEEK	No more than 14 drinks per week	No more than 7 drinks per week
To stay low risk, keep within BOTH the single-day AND weekly limits.		

Drinking too much seriously impacts your health. Not only does it dehydrate the body, which means the body can not function properly, but the **immune system is weakened while absorption of numerous vitamins and nutrients is reduced.** Long term heavy drinking is associated with health problems including liver disease, heart disease, cancer and osteoporosis.

Certain people should avoid alcohol completely, including those who plan to drive a vehicle or operate machinery, take medications that interact with alcohol, have a medical condition that alcohol can aggravate and are pregnant or trying to become pregnant.

If you are trying to maintain or lose weight, eliminating or reducing your alcohol intake allows you to get rid of a lot of empty calories. The chart on the left shows how many calories you could be saving.

Next time you are out with friends, **think about your choices and be aware of the amount you are really drinking when you order a drink.** Talk to friends who may have a drinking problem and do NOT allow them to drink and drive.

It's time to rethink our drinking!

7 out of 10 US adults either abstain or always drink within low-risk limits.

Need help for a problem with alcohol? Call 1-800-662-HELP.

Alcohol is a depressant.

In 2013, alcohol-impaired driving accounted for 10,076 fatalities (30.8% of driving deaths).

For more information:
RETHINKING DRINKING
 www.guideinc.org

