

inspired

[to make healthy choices]

Is Everybody Doing It?

According to the 2015 National Survey on Drug Use and Health (NSDUH), 70.1 percent of adults reported that they drank in the past year, while only 56.0 percent reported that they drank in the past month. Of the 70.1 percent, 33.9 percent drank at heavy or at-risk levels.

What's a Standard Drink?

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 = 1⅓ 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 = 1½ 16 fl oz = 2 22 fl oz = 2½	Regular 12 oz = 150-200																								
5 fl oz about 12% alcohol 	table wine 750 ml (regular wine bottle) = 5	<table border="0"> <tr><td>Red</td><td>5 oz</td><td>125</td></tr> <tr><td>White</td><td>5 oz</td><td>121</td></tr> <tr><td>Sweet</td><td>3½ oz</td><td>165</td></tr> <tr><td>Sherry</td><td>2 oz</td><td>75</td></tr> <tr><td>Port</td><td>2 oz</td><td>90</td></tr> <tr><td>Champagne</td><td>4 oz</td><td>84</td></tr> <tr><td>Sweet Vermouth</td><td>3 oz</td><td>140</td></tr> <tr><td>Dry Vermouth</td><td>3 oz</td><td>105</td></tr> </table>	Red	5 oz	125	White	5 oz	121	Sweet	3½ oz	165	Sherry	2 oz	75	Port	2 oz	90	Champagne	4 oz	84	Sweet Vermouth	3 oz	140	Dry Vermouth	3 oz	105
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1.5 fl oz shot (gin, rum, tequila, vodka, whiskey, etc.) 40% alcohol 	80-proof distilled spirits shot (1.5 oz glass /50 ml bottle) = 1 mixed drink or cocktail (1.5 oz glass/50 ml bottle) = 1+	<table border="0"> <tr><td>Gin, Rum, Vodka, Whiskey, Tequila</td><td>1.5 oz</td><td>97</td></tr> <tr><td>Brandy, Cognac</td><td>1.5 oz</td><td>98</td></tr> <tr><td>Liqueurs</td><td>1.5 oz</td><td>165</td></tr> </table>	Gin, Rum, Vodka, Whiskey, Tequila	1.5 oz	97	Brandy, Cognac	1.5 oz	98	Liqueurs	1.5 oz	165															
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(NIAAA)

Rethinking Drinking

Low risk drinking is the limit of alcohol an adult should maintain to not develop a drinking disorder.

Low risk does not mean NO RISK.

Based on your health, your age and how alcohol affects you, you may need to drink less or not at all.
(NIAAA)

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.

When is "low-risk" drinking still too much?

It's safest to avoid alcohol if you are:

- Taking medications that interact with alcohol
- Managing a medical condition that can be made worse by drinking
- Under age 21
- Planning to drive a vehicle or operate machinery
- Pregnant or trying to become pregnant

(NIAAA)

Trying to maintain or lose weight?

The chart on the left shows how many empty calories you could be saving by eliminating or reducing your alcohol intake.

It's time to rethink our drinking!

