

inspired

[to make healthy choices]

The Truth About Alcohol Use

When it comes to alcohol consumption, there is no safe amount that does not affect health. Alcohol causes at least seven types of cancer, and the risk of developing cancer increases substantially the more alcohol that is consumed. (WHO)

What's a Standard Drink?

How many standard drinks are you consuming?

Standard Drink	Drinks Per Container
12 fl oz about 5% alcohol 	Regular Beer 12 fl oz = 1 16 fl oz = 1½ 22 fl oz = 2
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
5 fl oz about 12% alcohol 	Table Wine 750 ml (regular wine bottle) = 5
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+



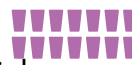

(NIAAA)

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 2  drinks on any day	No more than 1  drink on any day
	AND	**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)

It's time to rethink our drinking!

Making healthy choices can increase the quality and longevity of our lives.

