

# What Is a Standard Drink?

**Any Drink Containing About 14 Grams Of Alcohol\***

*\*NIAAA ([www.RethinkingDrinking.NIAAA.NIH.gov](http://www.RethinkingDrinking.NIAAA.NIH.gov))*



**12 fl oz beer**



**5 fl oz  
table wine**



**1.5 fl oz liquor**  
(vodka, tequila, etc.)

## Lower-risk Drink Limits

	Per Day No more than...		Per Week No more than...	
<b>WOMEN</b>	<b>3</b>	and	<b>7</b>	
<b>MEN</b>	<b>4</b>	and	<b>14</b>	
<b>OVER 65</b>	<b>3</b>	and	<b>7</b>	
<b>LESS IS BETTER</b>				

## AVOID ALCOHOL IF YOU

- Plan to drive, bike or participate in activities that require coordination
- Are pregnant or trying to become pregnant
- Are under 21

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Alcohol can interfere with medications.  
Alcohol may worsen medical conditions.  
Talk with your doctor or pharmacist.

## Reasons To Drink Less



**HEALTH**



**LEGAL**



**INJURY**



**WORK**



**MONEY**



**PREGNANCY**



**SLEEP**



**FAMILY**



**RELATIONSHIP**

[www.ShifttheInfluence.org](http://www.ShifttheInfluence.org)



Peer Assistance Services



Shift the Influence