

# What is a "Standard" Drink?

A standard drink in the U.S. is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons).

Source: NIAAA guide, Helping Patients Who Drink Too Much: A Clinician's Guide


About how many "Standard" Drinks are in each of these beverages below?

|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 0.8  | 1   | 3.3   | 1   | 3   | 1   | 1   |
|  |  |  |  |  |  |  |
| 12 fl oz of light beer   | 12 fl oz of regular beer  | 25 fl oz of Malt Liquor-Style Beer  | 5 fl oz of table wine   | 3-4 fl oz of coffee brandy & vodka mixed drink                                    | 1.7 fl oz nip of cinnamon flavored whiskey  | 1.5 fl oz of 80 proof distilled spirits (rum, vodka, tequila)                       |
| 4%   | 5%  | 8%  | 12%   | 30%+  | 35%   | 40%   |
| Approximate Alcohol Content  |   |   |   |   |   |   |

## Alcohol Consumption Patterns

There are no known safe levels of alcohol consumption and all patterns of use carry some risk. The alcohol consumption patterns outlined on this card are intended to describe various levels of alcohol use, all of which are associated with short and long-term health risks.

## What is Low-Risk Drinking?

| Per Day       |           |   |
|---------------|-----------|---|
| Healthy Men   | 2 or less |  |
| Healthy Women | 1 or less |  |

## What is Heavy Drinking?

Typically having **Per Week**

Healthy  
Men

15+



Healthy  
Women

8+



## What is Binge Drinking?

Typically having in a **single occasion** (generally 2-3 hours)

Healthy  
Men

5+



Healthy  
Women

4+



## Who Should Not Drink any Alcohol?

Those who are currently...



taking  
medications  
that interact  
with alcohol



managing a  
medical condition  
that may be made  
worse by drinking



pregnant or  
trying to get  
pregnant



recovering from  
alcoholism or are  
unable to control  
amounts consumed



underage



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**TIME TO ASK**

*Education that transforms  
conversations about alcohol use*

To collaborate with us, contact Denise O'Connell,  
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Learn more about Time to Ask:  
[www.lunderdineen.org/alcohol-use-time-ask](http://www.lunderdineen.org/alcohol-use-time-ask)

Source:  
[https://www.cdc.gov/alcohol/faqs.htm](http://https://www.cdc.gov/alcohol/faqs.htm)