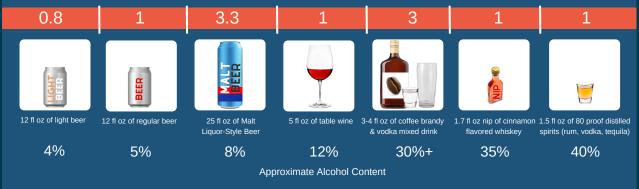
# What is a "Standard" Drink?

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

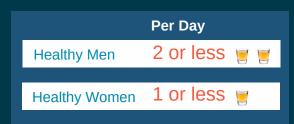
About how many "Standard" Drinks are in each of these beverages below?



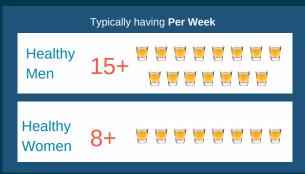
#### **Alcohol Consumption Patterns**

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?

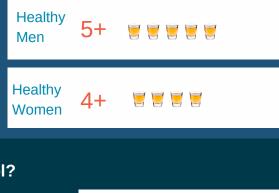


### What is Heavy Drinking?



### What is Binge Drinking?

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



## 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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To collaborate with us, contact Denise O'Connell, 207-805-7709 | info@lunderdineen.org



Learn more about Time to Ask: www.lunderdineen.org/alcohol-use-time-ask Source: https://www.cdc.gov/alcohol/faqs.htm