## 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?

3.3 3 0.8



BEER 12 fl oz of regular beer

5%



Liquor-Style Beer 8%





5 fl oz of table wine 3-4 fl oz of coffee brandy & vodka mixed drink

30%+



35%

1.7 fl oz nip of cinnamon 1.5 fl oz of 80 proof distilled flavored whiskey spirits (rum. vodka, tequila)

40%

4%

12% Approximate Alcohol Content

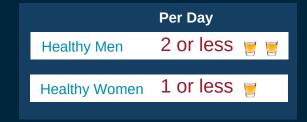


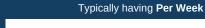
There are no known safe levels of alcohol consumption and all patterns of use carry some risk. The alcohol consumption patterns outlined on this card are intended to describe various levels of alcohol use, all of which are associated with short and long-term health risks.



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## What is Low-Risk Drinking?







Healthy Women











Healthy Men



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









Healthy Women







## 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





underage











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