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 below are intended to describe various levels of alcohol use, all of which are associated with short and long-term health risks.

what is a standard drink? 3-4 fl oz of fortified 1.5 fl oz 1.5 fl oz of shot of 80 brandy proof wine (e.g. 5 fl oz of proof distilled 12 fl oz port) 2-3 fl cognac table oz of (one (e.g. whiskey, or or shot) gin, rum, aperitif of 8-9 fl wine regular oz of beer malt liquor 5% 7% 12% 17% 24% 40% 40% approximate alcohol content

what is low-risk drinking? having up to... **PER DAY**

who should not drink any alcohol?

those who are currently...



interact with alcohol



recovering from alcoholism or are unable to control amounts consumed



pregnant or trying to get pregnant



managing a medical condition that may be made worse by drinking



underage

what is binge drinking?





typically having...











in a single occasion (generally 2-3 hours)

what is heavy drinking?





typically having...







