

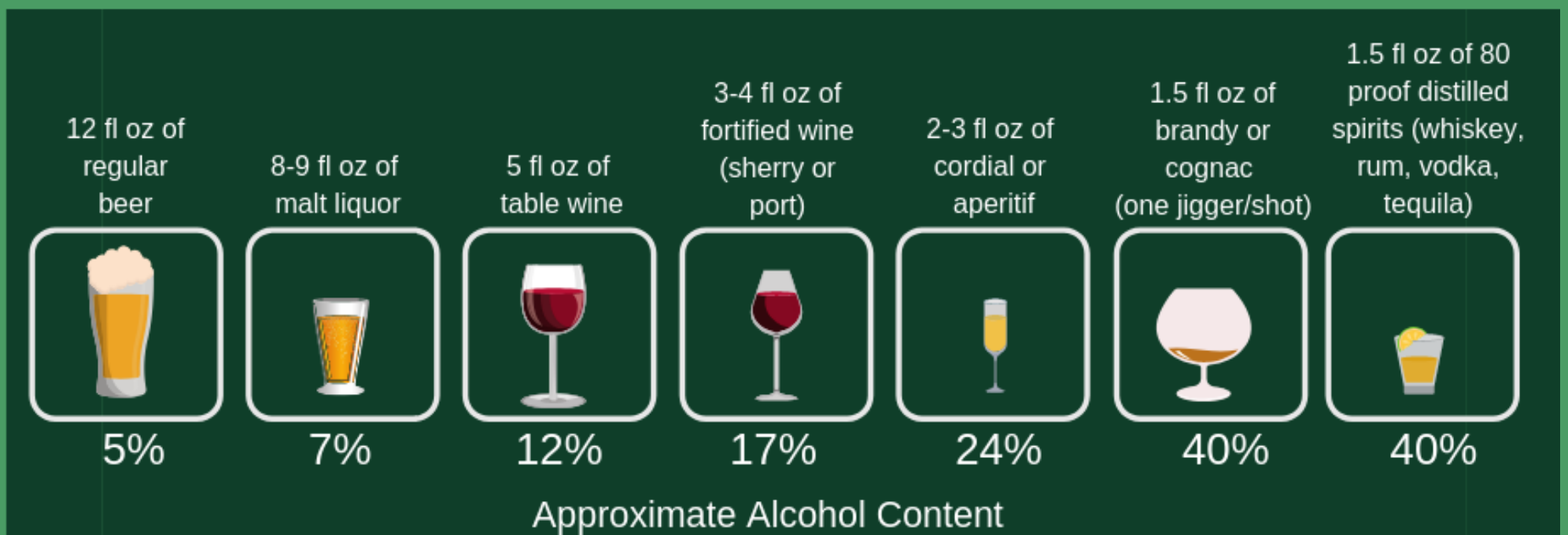
ALCOHOL CONSUMPTION PATTERNS

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?

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



What is low-risk drinking?



Who Should Not Drink any Alcohol? those who are currently...



What is binge drinking?



What is heavy drinking?

