








Are *You* Drinking At-Risk?

At-risk drinking levels:

- For men: more than 4 drinks a day or more than 14 drinks a week
- For women: more than 3 drinks a day or more than 7 drinks a week
- For individuals age 65 and over: more than 1 drink a day. There is no weekly limit for older adults.

What Is a Standard Drink?

A standard drink contains about 14 grams (about 0.6 fluid ounces) of pure alcohol. Approximate standard drink equivalents are shown below.

12 oz. of beer or cooler	8-9 oz. of malt liquor 8.5 oz. shown in a 12-oz. glass that, if full, would hold about 1.5 standard drinks of malt liquor	5 oz. of table wine	3-4 oz. of fortified wine (such as sherry or port) 3.5 oz. shown	2-3 oz. of cordial, liqueur, or aperitif 2.5 oz. shown	1.5 oz. of brandy (a single jigger)	1.5 oz. of spirits (a single jigger of 80-proof gin, vodka, whiskey, etc.) Shown straight and in a highball glass with ice to show level before adding mixer
						
12 oz.	8.5 oz.	5 oz.	3.5 oz.	2.5 oz.	1.5 oz.	1.5 oz.
<p>Note: People buy many of these drinks in containers that hold multiple standard drinks. For example, malt liquor is often sold in 16-, 22-, or 40 oz. containers that hold between two and five standard drinks, and table wine is typically sold in 25 oz. (750 ml.) bottles that hold five standard drinks.</p>						

From the NIAAA publication, "Helping Patients With Alcohol Problems: A Health Practitioner's Guide" (NIH publication no. 03-3769)