Are You Using Alcohol Safely?

Usage
Information
Guidelines

Moderate Alcohol Use Definitions

**Women**
- NO MORE THAN: 7 standard drinks per week
- NO MORE THAN: 3 standard drinks on any single day

**Men**
- NO MORE THAN: 14 standard drinks per week
- NO MORE THAN: 4 standard drinks on any single day

(healthy) Over 65
- NO MORE THAN: 7 standard drinks per week
- NO MORE THAN: 3 standard drinks on any single day

Alcohol limits can be affected by prescriptions and over-the-counter medications, and some existing medical conditions. Do not drink alcohol if you are pregnant or may be pregnant.

Standard Drink Sizes

- 5 fl oz of wine
- 1.5 fl oz of 80-proof spirits
- 8.9 fl oz of malt liquor
- 12 fl oz of regular beer

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

If it's important to you, read more inside:

This message is sponsored by CDC Cooperative Agreement #U84DD000886-01
ABSTAINER

- Never drinks alcohol

LIGHT
user

- Only drinks once in a while, and limits number of drinks on those occasions
- Few to no problems related to drinking

MODERATE
user

- Has a few drinks a week; May get "buzzed" occasionally
- Occasional difficulty keeping up with personal responsibilities
- Able and/or willing to change habits with little to no support needed
- Could be at increased risk of problems because of use

HEAVY
user

- Drinks daily or every weekend and often gets "buzzed" or drunk
- Drinking affects personal responsibilities
- May have legal trouble or serious accident(s) due to use
- Feelings of guilt about use or inability to cut back on use; Attempts or thoughts about cutting back or stopping all together
- Growing tolerance (needing more alcohol to feel the same effects)
- Has difficulty limiting drinking and/or needs support to limit or stop drinking

DEPENDENT
user

- Daily alcohol use with serious negative effects
- Unable to maintain responsibilities
- Drinks in spite of drinking-related problems
- May have physical withdrawal symptoms when not drinking
- Needs support to limit or stop drinking
- May require medical assistance, ongoing support