HOW MUCH IS TOO MUCH?



Women

8 or more drinks a week



4 or more drinks within 2-3 hours

Drinking too much includes:

Men



15 or more drinks a week



5 or more drinks within 2-3 hours

Under 21



any alcohol use

Pregnant Women



alcohol use

see reverse side for more information

*Drinking too much is linked with many risks:

- injuries/violence
- heart disease
- cancer

- sexually transmitted diseases
- fertility problems
- unintended pregnancy

*these are risks for both women and men





Information sourced from: www.cdc.gov/vitalsigns/fasd/