

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 below.

- 12 oz. of beer or cooler
- 8-9 oz. of malt liquor
- 5 oz. of table wine
- 3-4 oz. of fortified wine (*such as sherry or port*)
- 2-3 oz. of cordial, liqueur, or aperitif
- 1.5 oz. of brandy (*a single jigger*)
- 1.5 oz. of spirits (*a single jigger of 80-proof gin, vodka, whiskey, etc.*)

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