

Low-risk Drinking Limits

| | MEN | WOMEN | ANYONE OVER 65 |
|--------------------------|------------------|------------------|------------------|
| On any single DAY | 4 | 3 | 3 |
| | ** AND ** | ** AND ** | ** AND ** |
| Per WEEK | 14 | 7 | 7 |

To stay low risk, keep within BOTH the single-day AND weekly limits.

Standard Drink Sizes

12 fl oz of regular beer = 8-9 fl oz of malt liquor (shown in a 12-oz glass) = 5 fl oz of table wine = 3-4 fl oz of fortified wine (such as sherry or port; 3.5 oz shown) = 2-3 fl oz of cordial, liqueur, or aperitif (2.5 oz shown) = 1.5 fl oz of brandy or cognac (a single jigger or shot) = 1.5 fl oz shot of 80-proof distilled spirits

 about 5% alcohol
 about 7% alcohol
 about 12% alcohol
 about 17% alcohol
 about 24% alcohol
 about 40% alcohol
 40% alcohol