

Lower risk drinking limits

	Daily	Weekly
Anyone over 65 years old	3	7
Men (≤ 65)	4	14
Women	3	7

AVOID alcohol if you:

- Have a health condition made worse by drinking.
- Plan to drive a vehicle or operate machinery.
- Take medications that interact with alcohol.

Standard drink amount

Any drink containing about 14 grams of alcohol*

Alcohol: One drink =



12 oz. beer

5 oz. wine

1.5 oz. liquor
(one shot)

* NIAAA (www.rethinkingdrinking.niaaa.nih.gov)

Risks of unhealthy drinking

10
9
8
7
6
5
4
3
2
1

Depression. Anxiety.
Aggressive behavior.

Alcohol dependence.
Insomnia. Memory loss.

Cancer of the
throat and mouth.

Premature aging.

Frequent colds.
Reduced resistance
to infection. Increased
risk of pneumonia.

Hypertension.
Heart failure. Anemia.
Blood clotting.

Liver damage.

Vitamin deficiency.
Bleeding. Stomach
inflammation. Diarrhea.
Malnutrition.

Men:
Erectile dysfunction.
Women:
Breast cancer.

Inflammation of
the pancreas.

Painful nerves.
Numb or tingling toes.

Impaired sensation
leading to falls.

Failure to fulfill obligations at
work, school, or home. Car
accidents, legal problems.