

## 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.
- Are pregnant or trying to become pregnant.
- Take medications that interact with alcohol.
- Are underage.

## 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](http://www.rethinkingdrinking.niaaa.nih.gov))

## Risks of unhealthy drinking



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. Breast cancer.

Liver damage.

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

Men: Erectile  
dysfunction.  
Women: Risk of  
deformed,  
developmentally  
delayed, or low  
birth-weight babies.

Inflammation of  
the pancreas.

Impaired sensation  
leading to falls.

Painful nerves.  
Numb or tingling toes.

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