

# Do you know...

## ... what counts as 1 “standard drink”?

Each of these sample drinks has about the same amount of pure alcohol (0.6 fl oz or 14 g) and counts as a single “standard drink.” Actual % alcohol can vary.



12 fl oz beer  
(about  
5% alcohol)

5 fl oz table wine  
(about  
12% alcohol)

1.5 fl oz distilled  
spirits (about  
40% alcohol)

## ... the signs of an alcohol problem?



In the **past year** have you had times when you **drank more or longer** than you intended? ... More than once **tried to cut down or quit** but couldn't? ... Continued to drink even though it was causing **trouble with your family or friends**? ... Or continued to drink even though it was making you feel **anxious or depressed** or was **adding to another health problem**? And more.... Just 2 or 3 signs can signal a mild problem.

See all 11 signs at [RethinkingDrinking.niaaa.nih.gov](http://RethinkingDrinking.niaaa.nih.gov)

WOMEN

1

DRINK OR  
LESS IN A  
SINGLE DAY



MEN

2

DRINKS OR  
LESS IN A  
SINGLE DAY



## ... the U.S. Dietary Guidelines for alcohol consumption?

These are **single day** limits--**not your average** over several days. Even these levels can **increase your risk for certain cancers**. Avoid alcohol if you are pregnant, or have a health condition made worse by drinking, or take medications that interact with alcohol.

Is alcohol negatively affecting your health or your life?  
**Is it time to rethink your drinking?**

Talk to your healthcare professional today.



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NIAAA Healthcare Professional’s Core Resource on Alcohol  
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