

Which Drink Below **Contains** the Most Grams of Alcohol?



A. Five (5) oz of red wine?



B. Sixteen (16) oz of beer?



C. Three (3) oz of whiskey?



Every Drink Counts

Scan this Code to
Find the Answer

Studies have shown a link between alcohol intake and increased health risks. Dietary guidelines recommend reducing intake to no more than than ONE drink per day for women, and TWO drinks a day for men.



www.cdc.gov/alcohol

Call St. Vincent's Health at **719-486-0230**
to schedule an appointment with
Karen Casey, a dietary specialist.