

EVERY DRINK COUNTS

How to Accurately Measure and Moderate Alcohol Intake

Ways to Track Limits

Self-monitoring is a good way to evaluate whether you are within the recommended limits.

- **Use a Health Tracking App:** Most food tracking applications also have a way to track alcohol, by the drink.
- **Take an online quiz:** Use a screening tool to check your patterns and to help plan ways to reduce drinking.



- Find more information at cdc.gov/alcohol
- Talk to your **doctor** about risk factors

If a family member or friend has raised a concern about your drinking habits, seek help through local or national organizations: aa.org

Alcohol and Health

Moderate alcohol intake can be incorporated into a healthy lifestyle; however, it is important to be aware of what really constitutes **one drink**, and to adhere to limits to maintain overall health and not increase the risk of chronic disease.

- **One drink** is 5 oz of wine, 12 oz of beer or 1.5 oz of hard liquor
- The CDC recommendation for intake **limits** is no more than 1 drink per day for women and 2 drinks per day for men
- Binge drinking is consuming **multiple drinks** on one occasion – for women this is 4 drinks and for men 5 drinks.
- **Heavy drinking** is defined as consuming 8 or more drinks per week by women and 15 or more drinks by men

The % of alcohol is different between beer, wine and distilled spirits. Both the size and type of drink matter.

