

Alcohol Consumption Patterns

There are no known safe levels of alcohol consumption and all patterns of use carry some risk. The alcohol consumption patterns outlined below are intended to describe various levels of alcohol use, all of which are associated with short and long-term health risks.

What is a "Standard" Drink?

A standard drink in the U.S. is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons).

Source: NIAAA guide, Helping Patients Who Drink Too Much: A Clinician's Guide



12 fl oz of regular beer

5%



8-9 fl oz of malt liquor

7%



5 fl oz of table wine

12%



3-4 fl oz of fortified wine (sherry or port)

17%



2-3 fl oz of cordial or aperitif

24%



1.5 fl oz of brandy or cognac (one jigger or shot)

40%



1.5 fl oz of 80 proof distilled spirits (e.g., whiskey, rum, vodka, tequila)

40%

Approximate Alcohol Content

What is low-risk drinking?

Men

Women

having up to...



2



1

Who should not drink any alcohol?

Those who are currently...



What is binge drinking?

Men

Women

typically having...



5+



in a single occasion (generally 2-3 hours)



4+

What is heavy drinking?

Men

Women

typically having...



15+



8+