

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

About how many "Standard" Drinks are in each of these beverages below?



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 on this card are intended to describe various levels of alcohol use, all of which are associated with short and long-term health risks.



Greater Portland Health
Caring for the whole community.

What is Low-Risk Drinking?

Per Day

Healthy Men

2 or less



Healthy Women

1 or less



What is Heavy Drinking?

Typically having Per Week

Healthy Men

15+



Healthy Women

8+



What is Binge Drinking?

Typically having in a **single occasion** (generally 2-3 hours)

Healthy Men

5+



Healthy Women

4+



Who Should Not Drink any Alcohol?

Those who are currently...



taking medications that interact with alcohol



managing a medical condition that may be made worse by drinking



pregnant or trying to get pregnant



recovering from alcoholism or are unable to control amounts consumed



underage



LUNDER · DINEEN
Health Education Alliance of Maine
In collaboration with Massachusetts General Hospital



TIME TO ASK

Education that transforms conversations about alcohol use

To collaborate with us, contact Denise O'Connell,
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Learn more about Time to Ask:
www.lunderdineen.org/alcohol-use-time-ask

Source:

<https://www.cdc.gov/alcohol/faqs.htm>