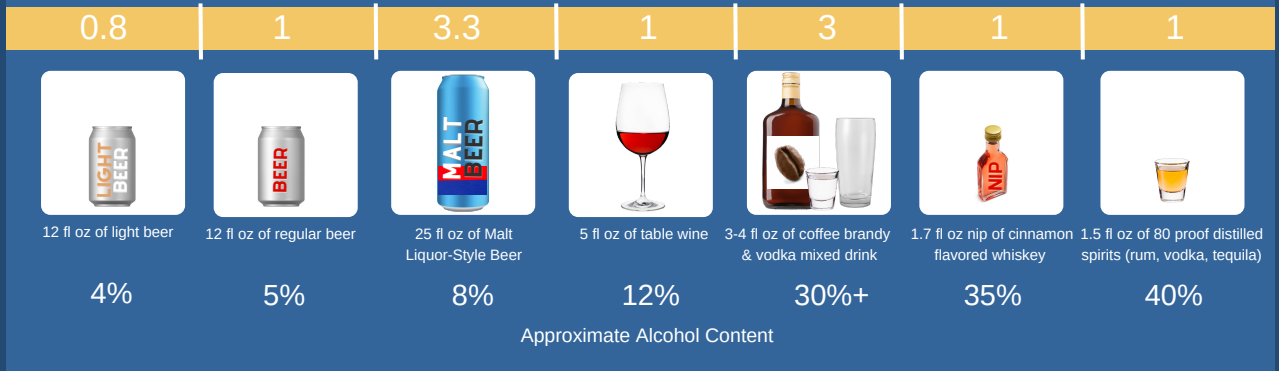


What is a "Standard" Drink?

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.



St. Croix Regional Family Health Center
Affordable, High Quality Health Care for all

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



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In collaboration with Massachusetts General Hospital



TIME TO ASK

*Education that transforms
conversations about alcohol use*

To collaborate with us, contact Denise O'Connell,
207-805-7709 | info@lunderdineen.org



Learn more about Time to Ask:
www.lunderdineen.org/alcohol-use-time-ask
Source:
<https://www.cdc.gov/alcohol/faqs.htm>