

# 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)

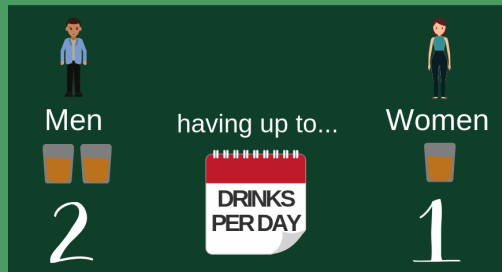
40%

Approximate Alcohol Content

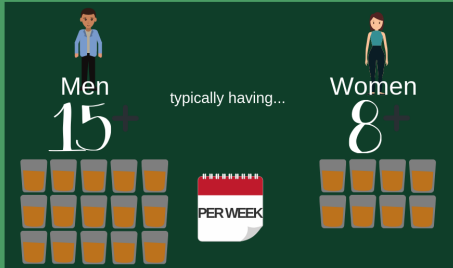
## Alcohol Consumption Patterns

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.

## What is Low-Risk Drinking?



## What is Heavy Drinking?



## What is Binge Drinking?



## 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

The infographic features a central silhouette of a pregnant woman and icons for pills, a heart with an ECG, a glass of alcohol with a prohibition sign, and the text 'UNDER 21' with a prohibition sign.

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Health Education Alliance of Maine  
In collaboration with Massachusetts General Hospital

**TIME TO ASK**  
Education that transforms  
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Learn more about Time to Ask:  
[www.lunderdineen.org/alcohol-use-time-ask](http://www.lunderdineen.org/alcohol-use-time-ask)  
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