

KNOW BEFORE YOU POUR

Even a small amount of alcohol can impact your health

0 drinks per week

Not drinking has benefits, such as better health and better sleep.

During pregnancy - no alcohol is the only safe option.



1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.



3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.



7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Each additional standard drink radically increases the risk of these alcohol-related consequences.

A STANDARD DRINK MEANS:

BEER



341 mL (12 oz) of beer 5% alcohol

WINE



142 mL (5 oz) of wine 12% alcohol

SPIRITS



43 mL (1.5 oz) of spirits 40% alcohol

HOW MANY STANDARD DRINKS HAVE YOU REALLY HAD?



tallboy

16 oz. (473 mL)
(1.4 standard drinks)



large glass

9 oz. (270 mL)
(1.9 standard drinks)



mixed drink

3 oz. (88 mL)
(2.1 standard drinks)



pint

20 oz. (568 mL)
(1.7 standard drinks)



bottle

25 oz. (750 mL)
(5.2 standard drinks)



mickey

13 oz. (375 mL)
(9 standard drinks)