

WHAT IS CONSIDERED A "DRINK"?

U.S. STANDARD DRINK SIZES



12 OUNCES
OF 5% ABV
BEER



8 OUNCES
OF 7% ABV
MALT LIQUOR



5 OUNCES
OF 12% ABV
WINE



1.5 OUNCES
OF 40% ABV
(80-PROOF)
DISTILLED SPIRITS
OR LIQUOR
(Examples: gin, rum,
vodka, whiskey)

Excessive Alcohol Use

- Excessive alcohol use includes binge drinking, heavy drinking, any alcohol use by people under the age 21, minimum legal drinking age, and any alcohol use by pregnant women.

Binge Drinking

- This pattern of drinking usually corresponds to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2-3 hours.

Heavy Drinking

- For men, heavy drinking is typically defined as consuming 15 drinks or more per week.
- For women, heavy drinking is typically defined as consuming 8 drinks or more per week.