

## Guidelines for Alcohol Consumption

The U.S. Department of Agriculture and U.S. Department of Health and Human Services, *Dietary Guidelines for Americans, 2020-2025*, recommends:

If alcohol is consumed, **it should be done in moderation.**

### MODERATE DRINKING



≤ 1 drink per  
day for women



≤ 2 drinks per  
day for men

Only by **adults of legal drinking age.**

**One drink** is described as containing  
**14 g (0.6 fl oz) of pure alcohol.**

The following are reference beverages that are  
**one alcoholic drink-equivalent:**

**12 fl oz of  
regular beer**  
(5% alcohol)



**5 fl oz of wine**  
(12% alcohol)



**1.5 fl oz of  
80 proof  
distilled spirits**  
(40% alcohol)



### According to the National Institute on Alcohol Abuse and Alcoholism:

#### HEAVY DRINKING



≥ 3 drinks on  
any day or ≥ 7  
drinks per week  
for women



≥ 4 drinks on  
any day or ≥ 14  
drinks per  
week for men

#### BINGE DRINKING



≥ 4 drinks  
within 2 hours  
for women



≥ 5 drinks  
within 2 hours  
for men

**Excessive alcohol consumption** includes binge drinking, heavy drinking, and any drinking by pregnant women or those under 21 years of age.

The U.S. Preventive Services Task Force recommends that clinicians screen adults age 18 and older for alcohol misuse and provide individuals engaged in excessive drinking with brief behavioral counseling interventions. However, according to a recent survey, while many of the survey respondents report being asked by their health care provider about alcohol consumption and binge drinking, during checkups, 80 percent of these individuals received no advice to reduce their drinking.