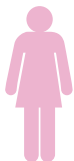


# GUIDELINES FOR ALCOHOL CONSUMPTION

The U.S. Department of Health and Human Services and U.S. Department of Agriculture, 2015–2020; Dietary Guidelines for Americans, recommends (74): If alcohol is consumed, **it should be done in moderation and only by adults of legal drinking age.**

## Moderate drinking:

**≤ 1 drink per day**  
for women and



**≤ 2 drinks per day**  
for men



**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)

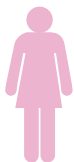
**5 fl oz of wine**  
(12% alcohol)



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

## Heavy drinking:

**≥ 4 drinks on any day or ≥ 8 drinks per week**  
for women and

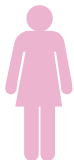


**≥ 5 drinks on any day or ≥ 15 drinks per week**  
for men



## Binge drinking:

**≥ 4 drinks within 2 hours**  
for women and



**≥ 5 drinks within 2 hours**  
for men



**Excessive alcohol** consumption which includes binge drinking, heavy drinking, and any drinking by pregnant women or those under 21 years of age, is responsible for 88,000 deaths in the United States each year.

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians screen adults aged ≥18 years for alcohol misuse and provide persons engaged in excessive drinking with brief behavioral counseling interventions.