

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 (82):

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

Moderate drinking:

≤ 1 drink
per day
for women
and



≤ 2 drinks
per day
for men



and 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)

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 age 18 and older for alcohol misuse and provide persons engaged in excessive drinking with brief behavioral counseling interventions.

Adapted from (7)