

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:

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:



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, was responsible for an average of 93,296 deaths each year in the United States, during 2011 to 2015.

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. 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.