

GUIDELINES FOR ALCOHOL CONSUMPTION

The U.S. Department of Agriculture (USDA) 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.

U.S. Preventive Services Task Force (USPSTF) 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.