

# 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.