

Moderate Drinking

Female (or anyone over the age of 65):

No more than 1 drink per day

Male: No more than 2 drinks per day.

Moderate drinking is usually not associated with health risks and can help to prevent certain forms of heart disease.

Heavier than moderate drinking can mean that you are abusing alcohol. While most people who drink do so safely, those who abuse alcohol produce an impact that ripples outward to encompass their families, friends, and communities.

What constitutes a Drink?

12 oz. of beer or wine cooler

or

5 oz. of wine

or

1.5 oz. of 80 proof distilled spirits