

HOW MUCH IS TOO MUCH?

Although “standard” drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. A large mug of beer, an overpoured glass of wine, or a single mixed drink could contain much more alcohol than a standard drink. In addition, while the alcohol concentrations listed are “typical,” there is considerable variability in alcohol content within each type of beverage (e.g., beer, wine, hard alcohol).

There is no safe amount, no safe time and no safe type of alcohol to consume during pregnancy.

*Let's
Talk*



STANDARD ALCOHOL USE GUIDELINES

No more than:

7 standard drinks per week

3 standard drinks on any single day

Alcohol limits can be affected by prescriptions and over-the-counter medications, and some existing medical conditions. Do not drink alcohol if you are pregnant or may be pregnant.

STANDARD DRINK SIZES



12oz beer
about **5%**
alcohol



8-9oz malt liquor
about **7%** alcohol



5oz wine
about **12%**
alcohol



**1.5oz hard
alcohol/shot**
about **40%**
alcohol

The percent of “pure” alcohol, expressed here as alcohol by volume (ac/vol), varies by beverage. National Institute on Alcohol Abuse and Alcoholism, 2012.