

# LOWER RISK DRINK LIMITS

Less is better.



12 oz. Beer



5 oz. Wine



1.5 oz Liquor

	Per Day	Per Week
Women	3	7
Men	4	14
Men (over 65)	3	7

## AVOID ALCOHOL IF YOU:

Take medications that interact with alcohol; Have a health condition made worse by alcohol; Plan to drive a vehicle or operate machinery; Are under 21 years of age; Are pregnant or trying to become pregnant

## WHAT IS A STANDARD DRINK?

Any drink that contains about 14 grams of alcohol.



# RI SBIRT



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