Excessive Alcohol Use

& things to keep in mind to be a responsible consumer

I mean… how much?

What is considered **BINGE** drinking?
4-5+ drinks on one occasion

What is considered **HEAVY** drinking?
8+ drinks/week for women
15+ drinks/week for men

What is “**one drink**”? 

<table>
<thead>
<tr>
<th>12 fl oz of regular beer =</th>
<th>8–9 fl oz of malt liquor (shown in a 12 oz glass) =</th>
<th>5 fl oz of table wine =</th>
<th>1.5 fl oz shot of 80-proof spirits (whiskey, gin, rum, vodka, tequila, etc.) =</th>
</tr>
</thead>
<tbody>
<tr>
<td>about 5% alcohol</td>
<td>about 7% alcohol</td>
<td>about 12% alcohol</td>
<td>about 40% alcohol</td>
</tr>
</tbody>
</table>

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.