

# Lower Risk Drink Limits

No more than...

	PER DAY	and	PER WEEK
<b>WOMEN</b>	<b>3</b>		<b>7</b>
<b>MEN</b>	<b>4</b>		<b>14</b>
<b>MEN(OVER 65)</b>	<b>3</b>		<b>7</b>
<b>LESS IS BETTER</b>			

## 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.



**12 OZ. BEER**

Craft beers may contain [or often contain] a higher level of alcohol (ABV) than regular beer.



**5 OZ. WINE**



**1.5 OZ. LIQUOR**



tel 303.369.0039 x245

toll-free 1.866.369.0039

[www.sbirdcolorado.org](http://www.sbirdcolorado.org)

6/2021