

LET'S TALK

ABOUT ALCOHOL USE

TO REDUCE **THE RISK OF
ALCOHOL-RELATED HARMS,**

NONPREGNANT ADULTS OF LEGAL
DRINKING AGE CAN **CHOOSE NOT TO
DRINK, OR TO DRINK IN MODERATION**
BY LIMITING CONSUMPTION TO

2
DRINKS
OR
LESS

**IN A DAY
FOR MEN**

1
DRINK
OR
LESS

**IN A DAY
FOR WOMEN**

ALCOHOL USE AT ANY
TIME DURING PREGNANCY
CAN **HARM A BABY.**



RESEARCH
SUGGESTS THAT EVEN
**MODERATE DRINKING MAY
INCREASE YOUR OVERALL
RISK OF DEATH¹**

FROM CAUSES SUCH AS **HEART DISEASE**
AND SOME **CANCERS.**

WHAT IS **ONE DRINK?**



**A SINGLE
BEER**

OR

12 FL. OZ

ABOUT 5%
ALCOHOL

=



**A SINGLE
SHOT**

OR

1.5 FL. OZ

ABOUT 40%
ALCOHOL

=



**A SINGLE
GLASS OF
WINE**

OR

5 FL. OZ

ABOUT 12%
ALCOHOL



DRINKING

**LESS ALCOHOL IS BETTER
FOR YOUR HEALTH.**

www.cdc.gov/alcohol/checkyourdrinking

For more information, visit
[WWW.CDC.GOV/FASD](https://www.cdc.gov/fasd)

