

LET'S TALK

HELP YOUR CLIENTS ACCURATELY DISCUSS THEIR
ALCOHOL CONSUMPTION WITH YOU

FASD
NATIONAL
PARTNER
NETWORK




FOR MORE INFORMATION

Visit the CDC website
for information on
alcohol SBI and FASDs:
[www.cdc.gov/alcohol-
pregnancy/hcp/alcoholsbi](http://www.cdc.gov/alcohol-pregnancy/hcp/alcoholsbi)



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**

SHARE WHAT LEVELS OF DRINKING ARE ASSOCIATED WITH A VARIETY OF HEALTH RISKS

EXCESSIVE ALCOHOL LEVELS FOR HEALTHY ADULTS

MEN

More than 2 drinks per day

WOMEN

More than 1 drink per day

BINGE DRINKING DEFINITIONS

MEN

5 or more drinks on a single occasion

WOMEN

4 or more drinks on a single occasion

Certain people should avoid alcohol completely, including those who:

- Plan to drive or operate machinery, or participate in activities that require skill, coordination, and alertness.
- Take certain over-the-counter or prescription medications.
- Have certain medical conditions.
- Are recovering from alcohol use disorder or are unable to control the amount that they drink.
- Are younger than age 21.
- Are pregnant or might be pregnant.