Changing your Drinking Habits

What is Low-Risk Drinking?

Low-risk drinking means limiting alcohol use to amounts that usually won’t cause harm to yourself or others.

Following these simple rules can reduce the risk to yourself and others:

- **On any** DAY, never drink more than 4 standard drinks (men) or 3 standard drinks (women).
- **In a typical** WEEK, never drink more than 14 standard drinks (men) or 7 standard drinks (women).
- **DO NOT** use any alcohol when you:
  - Drive or operate machinery.
  - Are pregnant or breast feeding.
  - Are taking medications that react with alcohol.
  - Have medical conditions made worse by alcohol.
  - Cannot stop or control your drinking.

What is a Standard Drink?

Low-Risk drinking limits are determined based upon “standard drinks.”

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<tr>
<td>5 ounces of Wine</td>
<td>12 ounces of Beer</td>
<td>1.5 ounces of Liquor</td>
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Good Reasons for Drinking Less

I will live longer--probably between five and ten years.
I will sleep better.
I will be happier.
I will save a lot of money.
I will be less likely to feel depressed.
I will be less likely to die of heart disease, cancer, liver disease, a car accident, or suicide.

**FOR MEN:** My sexual performance will probably improve.

**FOR WOMEN:** There will be less chance that I will have an unplanned pregnancy.

**FOR WOMEN:** There will be less chance that I will damage my unborn child.