Are You Drinking At-Risk?

At-risk drinking levels:

- **For men:** more than 4 drinks a day or more than 14 drinks a week
- **For women:** more than 3 drinks a day or more than 7 drinks a week
- **For individuals age 65 and over:** more than 1 drink a day. There is no weekly limit for older adults.

**What Is a Standard Drink?**

A standard drink contains about 14 grams (about 0.6 fluid ounces) of pure alcohol. Approximate standard drink equivalents are shown below.

<table>
<thead>
<tr>
<th>12 oz. of beer or cooler</th>
<th>8-9 oz. of malt liquor</th>
<th>5 oz. of table wine</th>
<th>3-4 oz. of fortified wine (such as sherry or port)</th>
<th>2-3 oz. of cordial, liqueur, or aperitif</th>
<th>1.5 oz. of brandy (a single jigger)</th>
<th>1.5 oz. of spirits (a single jigger of 80-proof gin, vodka, whiskey, etc.) shown straight and in a highball glass with ice to show level before adding mixer</th>
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*Note: People buy many of these drinks in containers that hold multiple standard drinks. For example, malt liquor is often sold in 16-, 22-, or 40 oz. containers that hold between two and five standard drinks, and table wine is typically sold in 25 oz (750 ml.) bottles that hold five standard drinks.*

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