

## At-Risk Drinking

### **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 below.

- 12 oz. of beer or cooler
- 8-9 oz. of malt liquor
- 5 oz. of table wine
- 3-4 oz. of fortified wine (such as sherry or port)
- 2-3 oz. of cordial, liqueur, or aperitif
- 1.5 oz. of brandy (a single jigger)
- 1.5 oz. of spirits (a single jigger of 80-proof gin, vodka, whiskey, etc.)

*From the NIAAA publication, "Helping Patients With Alcohol Problem: A Health Practitioner's Guide"  
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