

Low Risk Drinking Limits



WE ASK EVERYONE.

Women



In a Single Day



No more than
drinks per day **3**

Per Week



No more than
drinks per week **7**

One Standard Drink



12 fl. oz. regular beer



8-9 fl. oz. malt liquor
(shown in 12 oz. glass)



5 fl. oz. table wine



1.5 fl. oz. shot of 80-
proof spirits (liquor)

Men



In a Single Day



No more than
drinks per day **4**

Per Week



No more than
drinks per week **14**

Thinking About Change

What change(s) are you considering?

How important is it that you make this change?

How confident are you that you are able to make this change?

How ready are you to make this change?

Readiness Ruler

Not at all

0

1

2

3

4

5

6

7

8

9

10

Very

