

# How Much is Too Much?

## Problem Drinking Can Be:

### For men:

- more than 14 drinks a week
- more than 4 drinks per occasion

### For women and everyone over age 65:

- more than 7 drinks a week
- more than 3 drinks per occasion

**Problem drinking is treatable.  
Talk to your doctor.**

**For help 24 hours a day,  
call 1-800-LifeNet (1-800-543-3638)  
or call 311 and ask for LifeNet.**



[nyc.gov/health](http://nyc.gov/health)



# What is 1 drink?



A 12 oz. glass, bottle,  
or can of beer or ale



A 5 oz. glass  
of wine



1.5 oz. or a “shot” of  
hard liquor (straight  
or in a mixed drink)