

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

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)

**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.**