

# LET'S TALK

## ABOUT ALCOHOL USE

TO REDUCE **THE RISK OF  
ALCOHOL-RELATED HARMS,**

NONPREGNANT ADULTS OF LEGAL  
DRINKING AGE CAN **CHOOSE NOT TO  
DRINK, OR TO DRINK IN MODERATION**  
BY LIMITING CONSUMPTION TO

**2**  
**DRINKS**  
OR  
LESS

IN A DAY  
FOR MEN

**1**  
**DRINK**  
OR  
LESS

IN A DAY  
FOR WOMEN

ALCOHOL USE AT ANY  
TIME DURING PREGNANCY  
CAN **HARM A BABY.**



RESEARCH  
SUGGESTS THAT EVEN  
**MODERATE DRINKING MAY  
INCREASE YOUR OVERALL  
RISK OF DEATH<sup>1</sup>**

FROM CAUSES SUCH AS **HEART DISEASE**  
AND SOME **CANCERS.**

### WHAT IS **ONE DRINK?**



**A SINGLE  
BEER**  
OR  
**12 FL. OZ**  
ABOUT 5%  
ALCOHOL



**A SINGLE  
SHOT**  
OR  
**1.5 FL. OZ**  
ABOUT 40%  
ALCOHOL



**A SINGLE  
GLASS OF  
WINE**  
OR  
**5 FL. OZ**  
ABOUT 12%  
ALCOHOL



DRINKING  
**LESS ALCOHOL IS BETTER  
FOR YOUR HEALTH.**

[www.cdc.gov/alcohol/checkyourdrinking](https://www.cdc.gov/alcohol/checkyourdrinking)

For more information, visit  
[WWW.CDC.GOV/FASD](https://www.cdc.gov/fasd)

