

# Low Risk Drinking Limits



## Women, or Anyone Over Age 65



### In a Single Day



**3** or fewer drinks

### Per Week



**7** or fewer drinks

## One Standard Drink



Regular Beer  
12 fluid oz  
(~5% alcohol)



Malt Liquor  
8-10 fluid oz  
(~7% alcohol)



Table Wine  
5 fluid oz  
(~12% alcohol)



Spirits (Liquor)  
1.5 fluid oz shot  
(~40% alcohol)

## Men



### In a Single Day



**4** or fewer drinks

### Per Week



**14** or fewer drinks

# 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

