

# What is a standard drink?



Liquor  
1.5 oz



Wine  
5 oz



Beer  
12 oz

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## LOW-RISK DRINKING LIMITS

## MEN

## WOMEN

On any  
single day

No more than  
**4**   
drinks on any day

No more than  
**3**   
drinks on any day

Per  
week

No more than  
**14**   
drinks per week

No more than  
**7**   
drinks per week

To stay low risk, keep within BOTH the single day and weekly limits.

There is no safe amount of alcohol during pregnancy.  
Any drinking may bring risks.

