

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.

