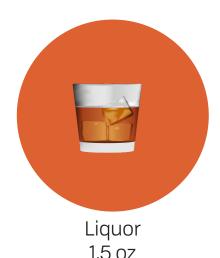


What is a standard drink?







Low-Risk Drinking Limits

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.

If you have questions or concerns about alcohol use, we can help.

Your Life lowa services are free and confidential. Visit yourlifeiowa.org to learn more.





