

What is a standard drink?



Liquor
1.5 oz



Wine
5 oz




Beer
12 oz

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.

If you have questions or concerns about alcohol use, we can help.
Your Life Iowa services are free and confidential. Visit yourlifeiowa.org to learn more.

 **CALL:**
(855) 581-8111

 **TEXT:**
(855) 895-8398

 **CHAT:**
yourlifeiowa.org