

What's a Standard Drink?

1 standard drink =



1 can of ordinary beer
(e.g. 12 oz.)

or



A single shot of spirits (whiskey, gin, vodka, etc.)
(e.g. 1.5 oz.)

or



A glass of wine or a small glass of sherry
(e.g. 6 oz.)

or

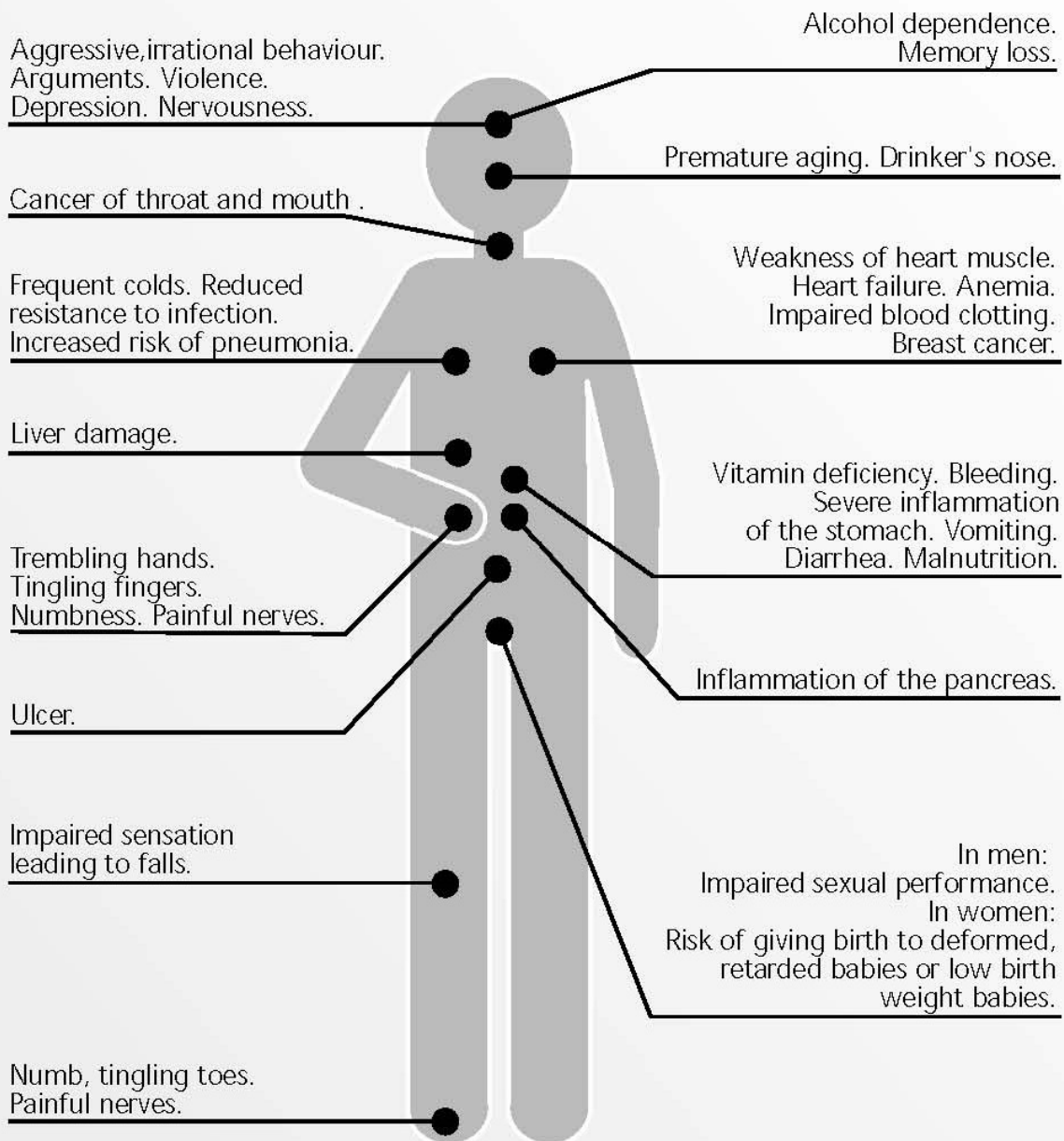


A small glass of liqueur or aperitif
(e.g. 4 oz.)

How much is Too Much? The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.

Panel 3

Effects of High-Risk Drinking



High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunk-en driving.