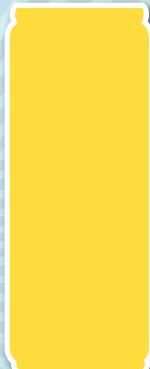


What is “one” drink?

Recommendations for safer drinking advise people to consume no more than **one drink an hour** and no more than **three drinks a day**.

But what is “one” drink? A drink serving size differs depending on the type of alcohol.



12 oz.
BEER



10 oz.
MICROBREW



8 oz.
MALT LIQUOR



4 oz.
GLASS OF WINE



1¼ oz.
SHOT OF
80-PROOF LIQUOR



1 oz.
SHOT OF
100-PROOF LIQUOR

Keep in mind, customary serving sizes may be far larger than one drink. **Pace yourself!**



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University

Wellness.IllinoisState.edu