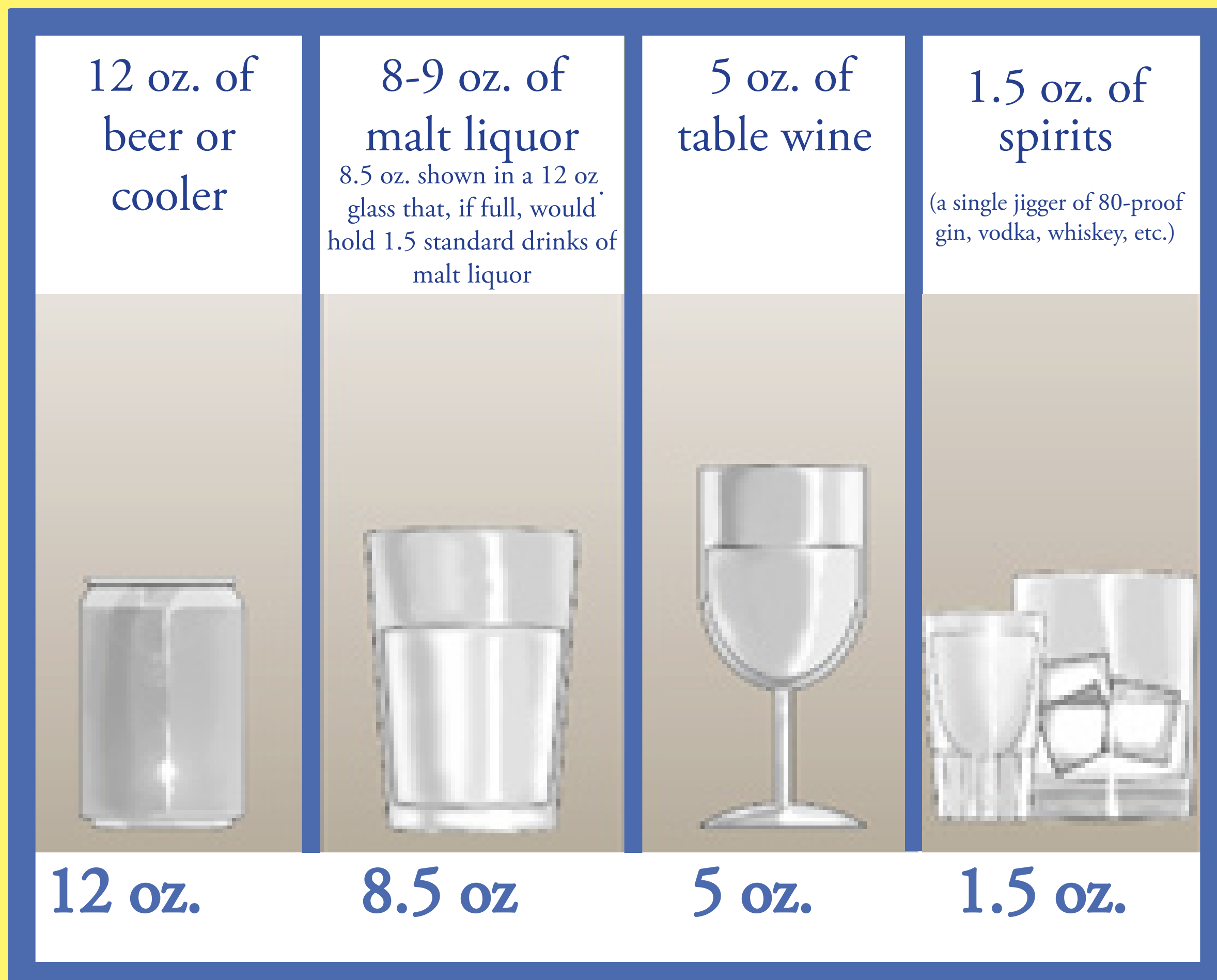


# WHAT IS A DRINK?

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Adapted from: Helping Patients Who Drink too Much, A Clinician's Guide 2005 Edition. U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism.

## How Much Is Too Much?

**Risk Drinking is defined as:**

- More than 2 drinks per day or 14 drinks per week for men
- More than 1 drink per day or 7 drinks per week for women\*

*\* No amount of alcohol consumption can be considered safe during pregnancy. Alcohol consumed during pregnancy increases the risk of alcohol related birth defects, including growth deficiencies, facial abnormalities, central nervous system impairment, behavioral disorders, and impaired intellectual development.*

U.S. Surgeon General, 2005

