**IF YOU DRINK, DO YOU DRINK MODERATELY?**

Moderate drinking for women is 7 or fewer drinks in a 7-day period, no more than 3 drinks on a single day.

Moderate drinking for men is 14 or fewer drinks in a 7-day period, no more than 4 drinks on a single day.

**A DRINK IS:**

- 12 oz. of beer
- 5 oz. of wine
- 8 oz. of malt liquor
- 1.5 oz. or a “shot” of distilled spirits

*Wisconsin Alcohol Policy Project, University of Wisconsin Law School*