LOW RISK DRINKING LIMITS

<table>
<thead>
<tr>
<th></th>
<th>Drinks per week</th>
<th>Drinks per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Age 65 or older</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

ONE STANDARD DRINK IS....

- 12 fl oz of regular beer
- 0.5 fl oz of malt liquor (poured in a 12 oz glass)
- 5 fl oz of wine
- 1.5 fl oz shot of 80-proof spirits (1.25 oz liquor—whiskey, gin, rum, vodka, tequila, etc.)

A bottle of wine is equal to 5 drinks.

40 ounces of malt liquor is equal to 4.5 drinks.

A pint of liquor is equal to 11 drinks (80 proof).

READINESS RULER

On a scale of 1—10:

How important is it that you make this change?
How confident are you that you are able to make this change?
How ready are you to make this change?

For more information, go to http://rethinkingdrinking.niaaa.nih.gov/

For HELP, call:

GRYPHON Help Line—269-381-HELP
or SWMBH—1-800-676-0423