

Drinking and Reproductive Health

STANDARD-SIZED DRINK EQUIVALENTS

APPROXIMATE NUMBER OF STANDARD-SIZED DRINKS IN:

BEER or COOLER

12 oz.

~5% alcohol

- 12 oz. = 1
- 16 oz. = 1.3
- 22 oz. = 2
- 40 oz. = 3.3



TABLE WINE

5 oz.

~12% alcohol

- a 750 mL (25 oz.)
bottle = 5



MALT LIQUOR

8–9 oz.

~7% alcohol

- 12 oz. = 1.5
- 16 oz. = 2
- 22 oz. = 2.5
- 40 oz. = 4.5



80-proof SPIRITS (hard liquor)

1.5 oz.

~40% alcohol

- a mixed
drink = 1 or more*
- a pint (16 oz.) = 11
- a fifth (25 oz.) = 17
- 1.75 L (59 oz.) = 39



Risky Drinking: More than 7 standard-sized drinks per week or more than 3 per occasion, and drinking when pregnant or trying to become pregnant.

*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

For urgent assistance with a drinking problem, contact the Substance Abuse & Mental Health Services Administration at 1-800-273-8255.

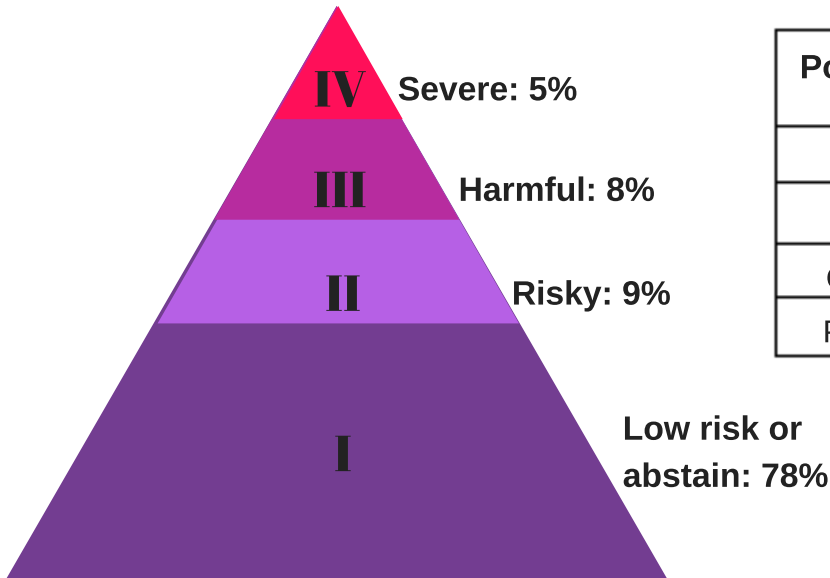
Source: National Institute on Alcohol Abuse and Alcoholism. *A Pocket Guide for Alcohol Screening and Brief Intervention*. 2005. Rockville, MD: National Institutes of Health, 2005. Available at: http://pubs.niaaa.nih.gov/publications/Practitioner/PocketGuide/pocket_guide.htm.

Produced by the American College of Gynecologists and Obstetricians (ACOG)

Screening for Risky Drinking

Drinking among adult primary care patients:

Low risk drinking limits



Population	Drinks per week	Drinks per day
Men	14	4
Women	7	3
Over 65	7	3
Pregnant	0	0

AUDIT 1-3 (US)	Scoring							Score
	0	1	2	3	4	5	6	
How often do you have a drink containing alcohol?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily	
How many units of alcohol do you drink on a typical day when you are drinking?	1 drink	2 drinks	3 drinks	4 drinks	5-6 drinks	7-9 drinks	10 or more drinks	
How often do you have X (5 for men; 4 for women and men over age 65) or MORE drinks on ONE occasion?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily	
Total:								_____

Scoring AUDIT 1-3 (US):

The following scores are considered positive and optimal for identifying alcohol use disorders or risky drinking. If patient is pregnant, provide advice about the risks to her health and the developing fetus:

For pregnant women	Any use
For women and men aged 65+	≥ 7 points
For men under 65	≥ 8 points