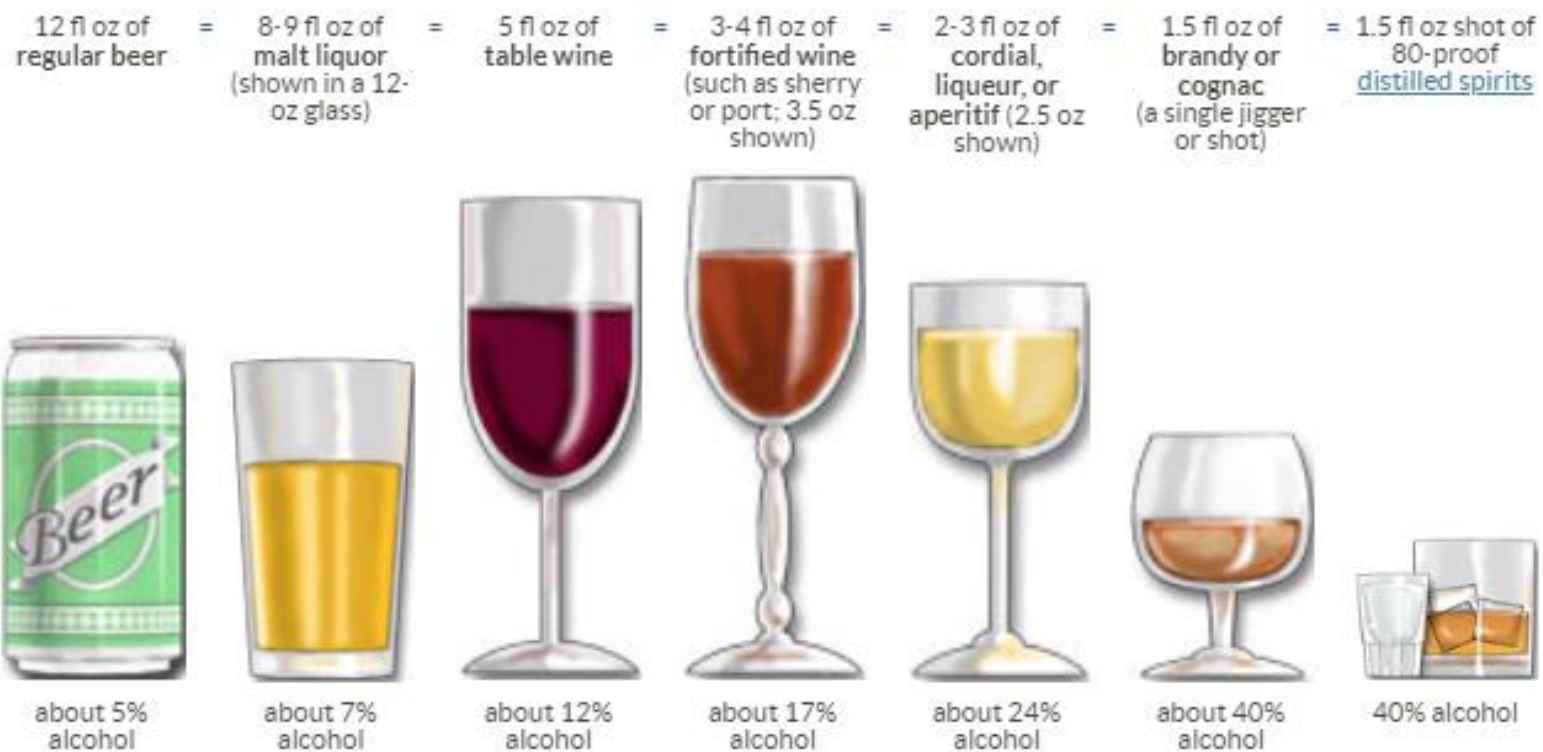


# What is a standard drink?





Low-risk drinking limits		MEN	WOMEN
On any single DAY	No more than	<b>4</b> 	No more than
	drinks on any <b>day</b>		<b>3</b> 
		<b>** AND **</b>	<b>** AND **</b>
Per WEEK	No more than	<b>14</b> 	No more than
	drinks per <b>week</b>		<b>7</b> 

*To stay low risk, keep within BOTH the single-day AND weekly limits.*

\*Note: Men over age 65 are also recommended no more than 3 drinks/day & 7 drinks/week