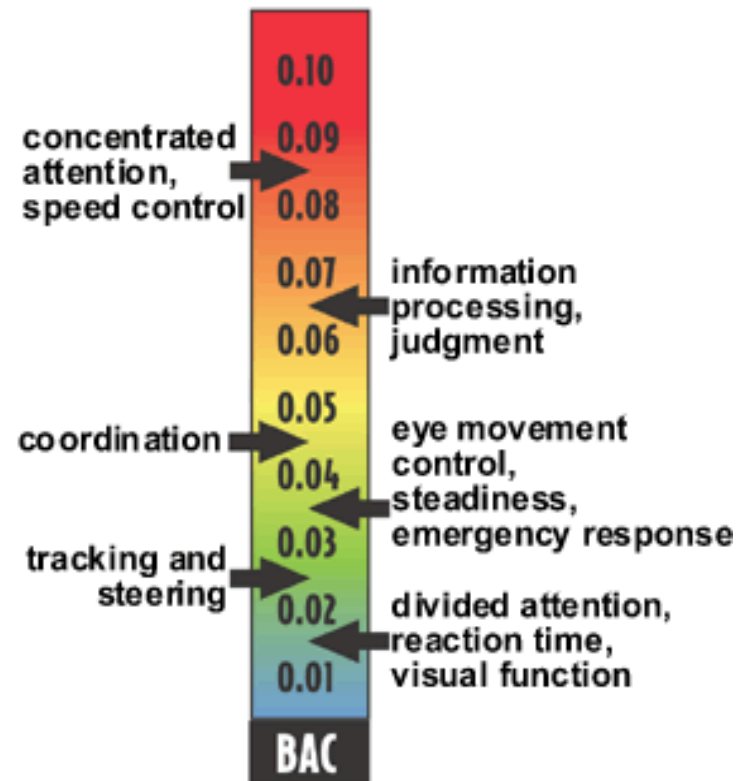


Visit 26 - How Much is Too Much?

How Much Alcohol is Too Much?

What's My Drinking Level?



How Much Alcohol is Too Much?

What Are the Different Drinking Levels?

The [2015-2020 Dietary Guidelines for Americans, Appendix 9](#), defines moderate drinking as up to 1 drink per day for women of legal drinking age and up to 2 drinks per day for men of legal drinking age.

The Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason; however, it does recommend that all foods and beverages consumed be accounted for within healthy eating patterns.

https://health.gov/dietaryguidelines/2015/resources/2015-2020_dietary_guidelines.pdf

How Much Alcohol is Too Much?

When is Moderate Drinking Still Too Much?

Even Moderate drinking is too much if you:

- Are pregnant or might be pregnant.
- Are younger than 21.
- Have certain medical conditions—like some liver diseases.
- Are taking medications that can interact with alcohol.
- Can't control the amount you drink.
- Are recovering from alcohol use disorder.

How Much Alcohol is Too Much?

What Are Binge and Heavy Drinking?

Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08 percent or higher. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.

Heavy alcohol use is defined as more than 4 drinks on any day for men or more than 3 drinks for women.

<https://www.cdc.gov/alcohol/about-alcohol-use/moderate-alcohol-use.html>

How Much Alcohol is Too Much?

What's the Harm in Drinking Excessively?

Drinking excessively, which includes binge drinking and heavy alcohol use, increases your risk of harmful consequences, including AUD. The more drinks on any day and the more heavy drinking over time, the greater the risk.

<https://rethinkingdrinking.niaaa.nih.gov/how-much-too-much/what-are-consequences>

How Much Alcohol is Too Much?

HAMS: Harm Reduction for Alcohol

Risk and Alcohol Drinking Levels: The Risk Chart

Alcohol Drinking Level and Risk				
	Men Daily	Women Daily	Men Weekly	Women Weekly
Very High Risk	20+ drinks	15+ drinks	80+ drinks	60+ drinks
High Risk Drinking	13 - 19 drinks	9 - 14 drinks	50 - 79 drinks	40 - 59 drinks
Medium Risk	8 - 12 drinks	6 - 8 drinks	30 - 49 drinks	25 - 39 drinks
Low Risk Drinking	5 - 7 drinks	4 - 5 drinks	15 - 29 drinks	8 - 24 drinks
No-Risk Drinking	3 - 4 drinks	2 - 3 drinks	14 or fewer	7 or fewer
Healthy Drinking	1 - 2 drinks	1 drinks	1 - 14 drinks	1 - 7 drinks
Alcohol Abstinence	0 drinks	0 drinks	0 drinks	0 drinks

<https://hams.cc/limits/>

How Much Alcohol is Too Much?

HAMS: Harm Reduction for Alcohol

Using the Risk Chart

You need to look at both your daily and your weekly risk levels to determine how risky your drinking habits are. If either your daily or your weekly drinking level falls into a high-risk category, then we suggest that you take steps to reduce the harmful impact which your drinking may have on you. We realize that some people like to engage in recreational intoxication so we recommend that these people take steps to practice safe drinking on their intoxication days. People who fall into the weekly high-risk categories are at risk of organ damage, and we urge them to take some steps to reduce overall alcohol consumption.

<https://hams.cc/limits/>