



American Heart Association®

Hard Hats with Heart™

# MODERATION IS KEY

## WHAT IS ONE DRINK?

A drink is one 12-ounce regular beer, 5 ounces of wine or 1.5 ounces of 80-proof spirits, such as bourbon, vodka or gin.



## WHAT IS MODERATE DRINKING?

Moderate alcohol consumption means an average of one to two drinks per day for men and one drink per day for women.

Binge drinking is having 5 or more drinks in two hours for men, and 4 or more drinks for women.

## HOW DOES DRINKING ALCOHOL AFFECT HEALTH?

Drinking too much alcohol increases your risk for many health problems including:

- High blood pressure
- Obesity
- Stroke
- Cardiomyopathy
- Cardiac arrhythmia
- Atrial fibrillation
- Heart failure
- Breast cancer
- Liver disease
- Depression
- Suicide
- Accidents
- Alcohol abuse and alcoholism

