

ABCs OF ABVs



A beer, glass of wine or cocktail can be part of an enjoyable and balanced lifestyle for most adults.¹ And the 2020 U.S. Dietary Guidelines for Americans correctly emphasizes that you should drink responsibly and in moderation at all times, if you choose to drink.²

WHAT EXACTLY IS CONSIDERED MODERATE DRINKING?



WHAT IS CONSIDERED A STANDARD DRINK?

It really comes down to what's known as "alcohol by volume" – or ABV. That's how much alcohol is in a particular container of alcohol.³

According to the Dietary Guidelines, examples of a standard drink include:



1.5 fluid ounces of distilled spirits at 40% alcohol-by-volume



5 fluid ounces of wine at 12% alcohol-by-volume



12 fluid ounces of regular beer at 5% alcohol-by-volume



12 fluid ounces of ready-to-drink cocktail at 5% alcohol-by-volume

WHAT SHOULD YOU REMEMBER?

Each of these drinks has the SAME AMOUNT of alcohol in them – 0.6 fluid ounces of ethanol. That's one of the most important facts to understand in order to practice responsible drinking. **Alcohol is alcohol. It's not what you drink, it's how much you drink that counts.**

WHY IS THIS IMPORTANT?

Nearly 9 out of 10 adults in the U.S. don't know

that a standard drink of beer or wine has the same amount of alcohol as a standard drink of distilled spirits – such as whisky, vodka or rum.

THE BOTTOM LINE

If you choose to enjoy an alcohol beverage, remember the ABCs of ABVs:



Alcohol is alcohol



Be mindful of alcohol content



Consume in moderation

It's not about whether you choose beer, wine or a spirit. It's about the practice of moderation.

¹ Consumers should discuss alcohol use with their healthcare providers, who can determine what is best for them.

² To learn more, visit [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

³ To calculate how many drinks are in your beverage, visit [StandardDrinks.org](https://www.standarddrinks.org).