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?**

![1 DRINK per day](image)

![2 DRINKS per day](image)

**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.*

**THE BOTTOM LINE**

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

- **A** Alcohol is alcohol
- **B** Be mindful of alcohol content
- **C** Consume in moderation

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

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

\(^2\) To learn more, visit DietaryGuidelines.gov

\(^3\) To calculate how many drinks are in your beverage, visit StandardDrinks.org.