



# Alcohol and Drug Education

## Safer Drinking Guidelines

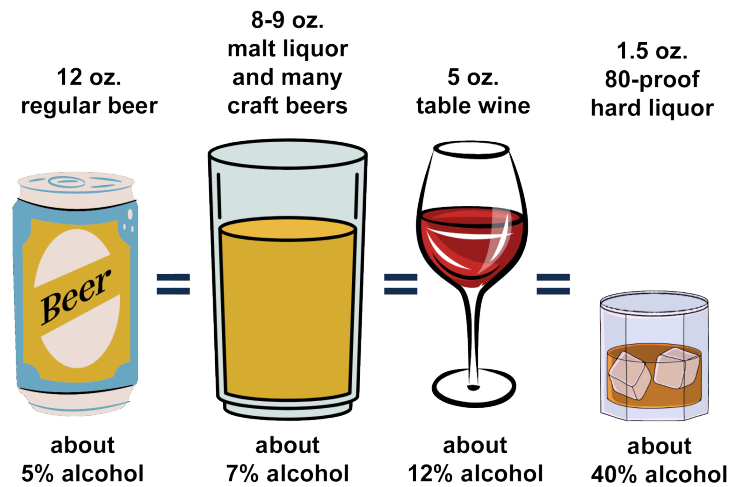
### Safer Levels of Alcohol Use



Understanding different facts and guidelines around safer alcohol use can help people make informed decisions about how they want to use alcohol.

### What Is a “Standard” Drink?

- ▶ Different drinks contain varying amounts of alcohol. You can't tell how much alcohol is in a drink by how much liquid is in the glass.
- ▶ Each of these “standard drinks” pictured contain about the same amount of pure alcohol.
- ▶ Knowing how much alcohol is in your drink can help you make informed decisions about how much you choose to drink.



### Recommended Drinking Limits for Adults 21 and Older

- ▶ Females and adults over 65 years of age should limit their intake to 1 drink or less per day.\*
- ▶ Males under 65 should limit their intake to 2 drinks or less per day.
- ▶ Pregnant people, those who might be pregnant, and people who are breastfeeding are strongly advised to not drink any alcohol.

**Note:** Guidelines are based on binary biological sex, not gender identity. There are no specific guidelines for other genders. Trans, non-binary, and gender-diverse individuals should consult their healthcare team for guidance, as their bodies may process alcohol differently. Intersex individuals should also seek advice from their healthcare team.

\*Guidelines for individuals 65+ differ. The VA uses the above guidelines because research shows that as people age, it becomes more likely that alcohol negatively affects health conditions and leads to accidents.



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