



TOPIC: ALCOHOL CONSUMPTION

Alcohol Consumption

- ◆ Alcohol: _____ (ethanol) made from the _____ of carbohydrates.
- ◆ On average, a person can process about ____ “drink” per _____.

Standard Drink:	Moderate Consumption:
____ oz. (14g) alcohol.	consuming alcohol at a “safe” and _____ acceptable level.
____ oz. beer. ~5% alcohol.	◆ Males: ____ drinks/day; Females: ____ drink/day. ▪ May have _____ health benefits.
____ oz. wine. ~12% alcohol.	◆ Males: ____ drinks; Females: ____ drinks. ▪ Health and safety _____.
____ oz. liquor (shot). ~40% alcohol.	



- ◆ **NOTE:** many poured & pre-packaged drinks may be _____ than “standard” drink sizes.

EXAMPLE

Barry consumes two pints of his favorite beer, an imperial IPA with an alcohol content of 8%. He claims this is within the definition of “moderate consumption” of alcohol as described by the DGAs. Is he correct? Justify your answer.

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PRACTICE

Which of the following would NOT be considered a standard drink?

- a) A 5-oz glass of white wine.
- b) A 12-oz premixed cocktail containing 1.5 oz of vodka.
- c) A shot of whiskey.
- d) A pint of beer.

PRACTICE

Which of the following statements is true?

- a) The FDA recommends moderate drinking for its role in reducing the risks of heart disease and type 2 diabetes.
- b) For a female, binge drinking is often defined as four or more drinks in a two-hour period.
- c) A standard “drink” contains 1.5 oz of pure alcohol.
- d) For both males and females, moderate consumption of alcohol is defined as up to two drinks per day.