What is considered one drink?

One drink, or a standard drink, is the same as a beer, a shot of liquor, or a glass of wine if the amount poured is 12 ounces of beer, 1.5 ounces of liquor or 5 ounces of wine.

Follow this chart to keep drinking at low risk. If you drink more than these amounts, you are at risk for developing problems due to alcohol use.

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>No more than 4 drinks on any day</td>
<td>No more than 3 drinks on any day</td>
</tr>
<tr>
<td>No more than 14 drinks per week</td>
<td>No more than 7 drinks per week</td>
</tr>
</tbody>
</table>

Some people should not drink at all:
- Women who are pregnant
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with medical conditions
- Recovering alcoholics
- Anyone under the age of 21

Symptoms you may have because of alcohol use:
- Hangovers
- Slow reaction times
- Poor coordination
- Blurry or double vision
- Upset stomach
- Low blood pressure
- Anxiety/restlessness
- Memory loss
- Overdose, coma or death

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