



Public Health Division: Office of Family Health
Fetal Alcohol Syndrome Prevention Program
800 N.E. Oregon Street, Suite 370
Portland, OR 97232
971-673-0355
www.oregon.gov/DHS/ph/wh/fas.shtml




800-923-HELP (800-923-4357)

DHS 9716 (9/2009)



DHS: PUBLIC HEALTH DIVISION

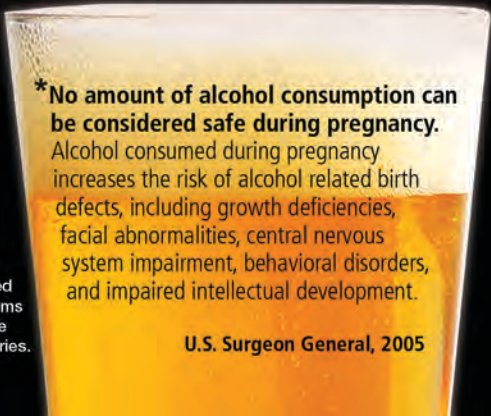
A photograph of a woman with long dark hair, wearing a black and white top, sitting at a table with a martini glass. The background is dark with the words "BINGE DRINKING" in large, light-colored letters.

How much is too much?



Independent. Healthy. Safe.

Information not intended for use as guide for drinking and driving.



***No amount of alcohol consumption can be considered safe during pregnancy.** Alcohol consumed during pregnancy increases the risk of alcohol related birth defects, including growth deficiencies, facial abnormalities, central nervous system impairment, behavioral disorders, and impaired intellectual development.

U.S. Surgeon General, 2005

Excessive drinking can lead to increased risk of health problems such as liver disease or unintentional injuries.

Consuming **5** or more drinks (male) in one occasion.

Consuming **4** or more drinks (female) in one occasion.*



One alcoholic drink is...

12 oz.

of beer or wine cooler

A regular 12-ounce can or bottle of beer or a wine cooler is considered one drink.



8-9 oz.

of malt liquor

Malt liquors and most microbrews contain more alcohol than major American beer brands. Very heavy brews can have a much higher alcohol content.



5 oz.

of table wine



1.5 oz.

of hard alcohol

A single shot of 80-proof gin, vodka, whiskey, etc. is considered one drink.

