NIAAA

1. How many days per week do you drink alcohol?

2. On a typical day when you drink, how many drinks do you have?

3. What is the maximum number of drinks you had on any given day in the past month?

Maximum Drinking Limits
For healthy men up to age 65—

- no more than 4 drinks in a day AND
- no more than 14 drinks in a week

For healthy women (and healthy men over age 65)—

- no more than 3 drinks in a day AND
- no more than 7 drinks in a week