

Drinking in Moderation

CALCULATE YOUR ALCOHOL INTAKE

Drink in moderation by keeping within both the **single-day** & **weekly** limits.

Find out what's in your drink at IowaABD.com/CALCohol



ALCOHOLIC BEVERAGES DIVISION
State of Iowa



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FEMALE

On any single DAY

No more than **3** drinks on any day



MALE

No more than **4** drinks on any day



PER WEEK

No more than **7** drinks per week



No more than **14** drinks per week



12 oz. Beer (5% alcohol)



=

5 oz. Wine (10-12%)



=

1.5 oz. liquor (40% alcohol)



=

1 DRINK EACH