

Journey to Wellness — A free self-guided healthy living program

Explore your relationship with alcohol



Moderate alcohol consumption may have relatively low health risks for most adults, but **how much is too much?**

Is your drinking harming your health? It may be time to rethink your alcoholic drink.

Alcohol also contains calories — often considered empty calories because they lack important nutrients. Drinking, even in moderation, adds calories to your diet.

Moderate drinking as defined by the Dietary Guidelines for Americans

Females — Up to one drink per day, or no more than three drinks on any single day, and no more than seven drinks per week.

Males — Up to two drinks per day, or no more than four on any single day, and no more than 14 drinks per week.

A standard drink is typically defined as

Beer: 12 ounces (355 milliliters), approximately 150 calories.

Wine: 5 ounces (148 milliliters), approximately 100 calories.

Distilled spirits (80 proof): 1.5 ounces (44 milliliters), approximately 100 calories.

Benefits of cutting back on or giving up alcohol

- Better focus
- Healthier immune system
- Lose weight
- More energy
- Save money
- Sleep better

Tips for reducing alcohol consumption

- Set goals
- Track your intake
- Don't keep alcohol at home
- Designate "dry days"
- Choose non-alcohol options like sparkling water or a mocktail when attending parties or gatherings
- Participate in activities that do not include alcohol
- Tell those you trust that you are trying to cut back and ask for their support

People with alcohol dependency issues should seek professional help. Contact a medical provider or use the [NIAAA Alcohol Treatment Navigator](#) to find treatment resources.

Information adapted from "Are you drinking empty calories?", "Balancing the risks, benefits of alcohol" and "Tuesday Tips: Small ways to curb your drinking."

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