

ABCs OF ABVs



A beer, glass of wine or cocktail can be part of an enjoyable and balanced lifestyle for most adults.¹ And the 2020 U.S. Dietary Guidelines for Americans correctly emphasizes that you should drink responsibly and in moderation at all times, if you choose to drink.²

WHAT EXACTLY IS CONSIDERED MODERATE DRINKING?



WHAT IS CONSIDERED A STANDARD DRINK?

It really comes down to what's known as "alcohol by volume" – or ABV. That's how much alcohol is in a particular container of alcohol.³

According to the Dietary Guidelines, examples of a standard drink include:



1.5 fluid ounces of distilled spirits at 40% alcohol-by-volume



5 fluid ounces of wine at 12% alcohol-by-volume



12 fluid ounces of regular beer at 5% alcohol-by-volume



12 fluid ounces of ready-to-drink cocktail at 5% alcohol-by-volume

WHAT SHOULD YOU REMEMBER?

Each of these drinks has the SAME AMOUNT of alcohol in them – 0.6 fluid ounces of ethanol. That's one of the most important facts to understand in order to practice responsible drinking.

Alcohol is alcohol.

It's not what you drink, it's how much you drink that counts.

THE BOTTOM LINE

If you choose to enjoy an alcohol beverage, remember the ABCs of ABVs:



Alcohol is alcohol



Be mindful of alcohol content



Consume in moderation

It's not about whether you choose beer, wine or a spirit. It's about the practice of moderation.

¹ Consumers should discuss alcohol use with their healthcare providers, who can determine what is best for them.

² To learn more, visit [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

³ To calculate how many drinks are in your beverage, visit [StandardDrinks.org](https://www.standarddrinks.org).