




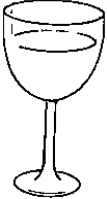







## moderate drinking

## Moderate Amount of Drinking Per Day

	wine	beer	80-proof alcohol
 <b>women</b>	 <b>5 oz.</b>	 <b>12 oz.</b>	 <b>1.5 oz.</b>
 <b>men</b>	 +  <b>10 oz.</b>	 +  <b>24 oz.</b>	 +  <b>3 oz.</b>