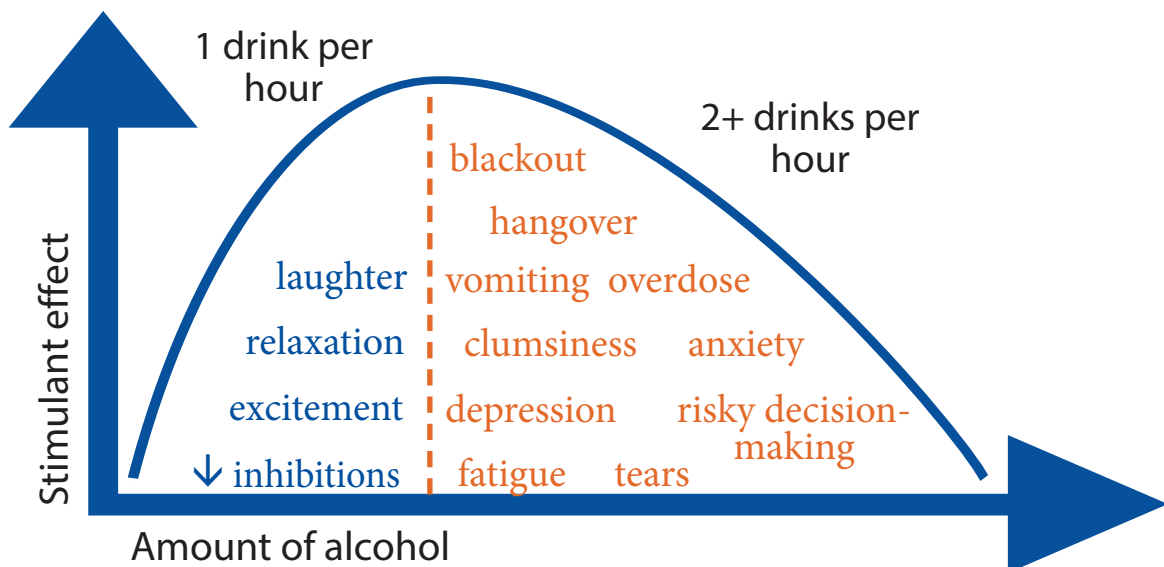




DID YOU KNOW?

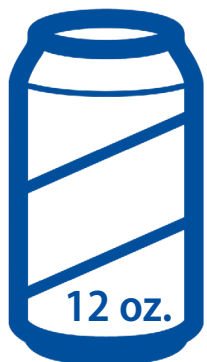
More isn't always better.

If you choose to drink, remember the **line of decline**.

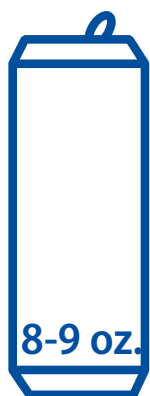


MIND THE LINE.

Pace yourself by sticking to one standard drink per hour.



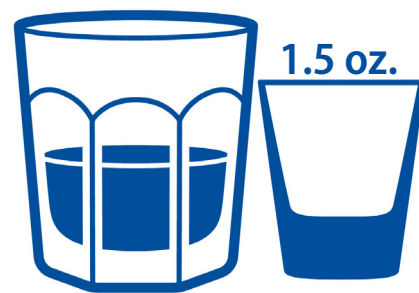
Beer
~ 5% alcohol



Malt Beverages
(spiked seltzer, hard lemonade, etc.)
~ 7% alcohol



Wine
~ 12% alcohol



Distilled Liquors
(tequila, vodka, whisky, gin, etc.)
~ 40% alcohol

Each of the drinks above contains the same amount of pure alcohol (.6 fl oz). This is known as a "standard drink," which is the measurement used to keep track of the amount of alcohol consumed in any given time period.

To learn more, visit unh.edu/health/well/alcohol.