

Limit alcohol

FACT: In the U.S., excessive alcohol use leads to about 140,000 deaths a year.

Risks of binge drinking include alcohol poisoning, vehicle crashes, drowning, and violence to self and others.

Avoid binge drinking – more than 4 drinks in about 2 hours for men; more than 3 drinks for women.



If you are a woman, limit alcohol to no more than 1 drink per day. If you are pregnant, have no alcohol.



In women, excessive alcohol use increases the risk of miscarriage, stillbirth, premature delivery, and serious lifelong physical and intellectual disabilities.

Have no more than 2 drinks a day if you are a man.



In men, excessive alcohol use can result in erectile dysfunction (impotence) and infertility.

