



OHA 9716 (10/2012)

800-923-HELP (800-923-4357)



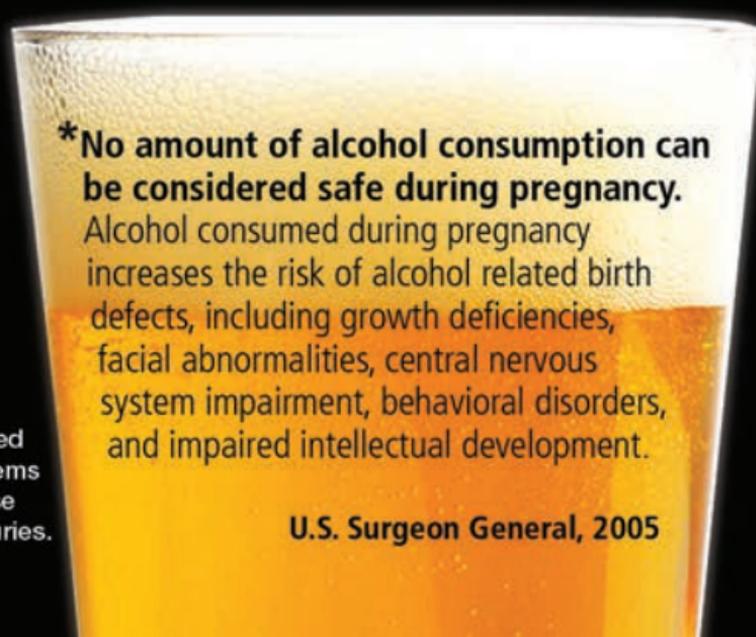
<http://public.health.oregon.gov/HealthyPeopleFamilies/Women/PreconceptionHealth/Pages/index.aspx>

971-673-0352
Portland, OR 97232
800 N.E. Oregon Street, Suite 825
Maternal and Child Health Programs
Center for Prevention and Health Promotion
Public Health Division



BINGE How much is too much? DRINKING

Information not intended for use as guide for drinking and driving.



***No amount of alcohol consumption can be considered safe during pregnancy.** Alcohol consumed during pregnancy increases the risk of alcohol related birth defects, including growth deficiencies, facial abnormalities, central nervous system impairment, behavioral disorders, and impaired intellectual development.

U.S. Surgeon General, 2005

Excessive drinking can lead to increased risk of health problems such as liver disease or unintentional injuries.

Consuming **5** or more drinks (male) in one occasion.

Consuming **4** or more drinks (female) in one occasion.*



One alcoholic drink is...

12 oz.

of beer or wine cooler

A regular 12-ounce can or bottle of beer or a wine cooler is considered one drink.



8-9 oz.

of malt liquor

Malt liquors and most microbrews contain more alcohol than major American beer brands. Very heavy brews can have a much higher alcohol content.



5 oz.

of table wine



1.5 oz.

of hard alcohol

A single shot of 80-proof gin, vodka, whiskey, etc. is considered one drink.

