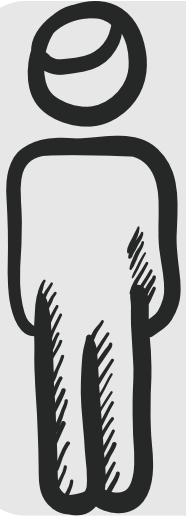




American
Heart
Association®

HEART HEALTH & ALCOHOL

If you drink alcohol, do so in moderation.



1^{to} 2

**DRINKS PER
DAY FOR MEN**



1

**DRINK PER DAY
FOR WOMEN**

What is one drink?



12 OZ. BEER



1.5 OZ. 80-PROOF SPIRITS



4 OZ. WINE



1 OZ. 100-PROOF SPIRITS

Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents. Also, it's not possible to predict in which people alcoholism will become a problem. Given these and other risks, the American Heart Association cautions people NOT to start drinking if they do not already drink alcohol. Consult your doctor on the benefits and risks of consuming alcohol in moderation.