

Alcohol: Weighing the Evidence



LIGHT

1 per day

MODERATE

2+ per day

HEAVY

4+ per day

ONE DRINK



BEER

12 ounces



WINE

5 ounces



LIQUOR

1.5 ounces

THE RESEARCH

For years, small amounts of alcohol were thought to offer some health benefits. **However, newer research suggests that even light drinking may increase the risk of several types of cancer.** These studies have linked alcohol to cancers of the mouth, liver, breast, colon, and more—even at low levels of consumption. While some experts point out that this research is observational and may not fully account for other risk factors (i.e., smoking or diet), public health leaders, including the U.S. Surgeon General, are urging greater awareness of alcohol's potential harms.

BOTTOM LINE & RECOMMENDATIONS

01.

If you don't drink, the safest choice is not to start.

02.

Even light drinking can slightly increase your health risks.

03.

If you choose to drink, do so with full awareness of the potential dangers.

04.

Your overall risk is affected by your diet, exercise, and genetics.

05.

It's unrealistic to avoid all carcinogens, but reducing exposure helps.

06.

Awareness empowers you to make informed health decisions.

AVOID ALCOHOL IF...

- Under 21
- Pregnant
- Living with liver or other health conditions
- On medications that interact with alcohol
- In recovery or struggle with alcohol use

SMART CHOICES IF YOU DO DRINK

- Drink with meals
- Try wine over liquor (may carry lower risks)
- Stay active and eat well
- Limit intake whenever possible

Be informed. Alcohol's health effects are complex, and the science continues to evolve. Understanding the risks allows you to make educated choices.

