



Figure 2 The Alcohol Harm Reduction Pyramid

Alcohol and Risk--Defining Harm Reduction and Moderation				
	Men Daily	Women Daily	Men Weekly	Women Weekly
Very High Risk	20+ drinks	15+ drinks	80+ drinks	60+ drinks
High Risk Drinking	13-19 drinks	9-14 drinks	50 - 79 drinks	40 - 59 drinks
Medium Risk	8-12 drinks	6-8 drinks	30 - 49 drinks	25 - 39 drinks
Low Risk Drinking	5-7 drinks	4-5 drinks	17 - 29 drinks	13 - 24 drinks
No Risk Drinking	3-4 drinks	2-3 drinks	15 - 16 drinks	8 - 12 drinks
Healthy Drinking	1-2 drinks	1 drink	1-14 drinks	1 - 7 drinks
Abstinence	0 drinks	0 drinks	0 drinks	0 drinks

Figure 3

One standard drink contains 0.6 oz of ethanol. This is equal to one 12 oz beer at 5% alcohol or one 5 oz glass of wine at 12% alcohol or one and one half oz of 80 proof liquor.