



# ALWAYS DRINK RESPONSIBLY

A MESSAGE FROM YOUR JBLM DPFR  
RISK REDUCTION PROGRAM

# USE ISN'T ALWAYS ABUSE



The more you know about alcohol and alcohol abuse,  
the better equipped you are to make responsible choices

## A STANDARD DRINK IS...



**BEER**  
12 Fluid Ounces  
About 5% Alcohol

OR



**WINE**  
5 Fluid Ounces  
About 12% Alcohol

OR



**DISTILLED SPIRITS**  
1.5 Fluid Ounces  
About 40% Alcohol

Different types of  
beer, wine, or malt  
liquor can have  
very different  
amounts of  
alcohol content



## MODERATION

limit daily  
intake to

**TWO**

Drinks or less  
for Men



**ONE**

Drink or less  
for Women

## ALCOHOL MISUSE

Drinking in a manner,  
situation, amount, or  
frequency that could  
cause harm to users or  
to those around them.

For individuals  
younger than 21, or  
for pregnant  
females, any alcohol  
use constitutes  
alcohol misuse



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high risk drinking or substance use?

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[usarmy.jblm.imcom.list.dpfr-risk-reduction@mail.mil](mailto:usarmy.jblm.imcom.list.dpfr-risk-reduction@mail.mil)

