## What is "one" drink?

Recommendations for safer drinking advise people to consume no more than one drink an hour and no more than three drinks a day.

But what is "one" drink? A drink serving size differs depending on the type of alcohol.


Keep in mind, customary serving sizes may be far larger than one drink. Pace yourself!


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[^0]:    This document is available in alternative formats upon request by contacting Health Promotion and Wellness at (309) 438-WELL (9355).

