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!

- 12 oz. BEER
- 10 oz. MICROBREW
- 8 oz. MALT LIQUOR
- 4 oz. GLASS OF WINE
- 1 1/4 oz. SHOT OF 80-PROOF LIQUOR
- 1 oz. SHOT OF 100-PROOF LIQUOR