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# KNOW YOUR LIMIT

## BINGE DRINKING



2 - 3 Hours



Binge drinkers average 8 drinks per binge



12 oz.  
of  
5% ABV  
Beer



8 oz.  
of  
7% ABV  
Malt  
Liquor



5 oz.  
of  
12% ABV  
Wine



1.5 oz.  
of  
40% ABV  
(80-Proof)  
Distilled  
Spirits  
or  
Liquor

### WHAT IS CONSIDERED A "DRINK"?

