



# What do the new Dietary Guidelines for Americans say about alcohol?

Let's break it down...

## The 2025-2030 Dietary Guidelines for Americans say:

- ◀ Consume less alcohol for better overall health.
- 🚫 Some people should not drink at all.



This guidance isn't new. It's consistent with the Guidelines' longstanding, overarching advice:

**If alcohol is consumed, it should be in moderation.**



**NATIONAL ACADEMIES** Sciences Engineering Medicine

The Guidelines were informed by a scientific consensus study by the **National Academy of Sciences, Engineering, and Medicine (NASEM)**, directed by Congress.



**NASEM defines moderate alcohol consumption as:**

**1 drink**  
per day for *women*

**2 drinks**  
per day for *men*

A standard drink contains 14g of alcohol. Drink equivalents include: 12 oz of beer, 5 oz of wine & 1.5 oz of spirits.

The Guidelines reaffirm what many Americans already know:

For most adults, enjoying a cocktail can be part of an enjoyable lifestyle when done

**responsibly.**



The spirits industry urges adults who drink alcohol to do so **responsibly and in moderation.**

[DrinkInModeration.org](https://DrinkInModeration.org)



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