The information below gives you a picture of the average number of drinks you reported consuming per week in the 90 days before the study and after your participation. The pie chart below allows you to compare your drinking to other women and how your drinking has changed.

Where does your current drinking fit in?*

- 4.5% 15-21 drinks
- 49.5% 0 drinks
- 1% 8-14 drinks
- 1% 1-7 drinks
- 22+ drinks

* From the 2000 National Alcohol Survey (N=7,612). Alcohol Research Group, Berkeley, CA.

Are you at Risk of Having an Alcohol-Exposed Pregnancy?

Calories You Consumed From Drinking Alcohol

Alcohol has calories with no nutritional value. Because of the extra calories from alcohol, it is easy to gain weight.

You reported drinking an average of _____ drinks per drinking day.

An average drink has 100 calories. You are consuming about _____calories per drinking day from alcohol.

Cost of Drinking Alcohol

You reported drinking an average of _____ drinks in the past 90 days.

Home Drinking: An average drink at home usually costs at least $1.25. In the last year your drinking would have cost about $ __________

Bar or Restaurant Drinking: An average drink at a bar or restaurant typically costs at least $5.00. In the last year your drinking would have cost about $ __________

How Does Your Current Drinking Compare?

You reported drinking _______drinks per week.

You also said that on some occasions you drank 5 or more drinks in a single day.

Recommended Drinking Guidelines For Women**

- 7 or less standard drinks*** per week and no more than 3 drinks per day
- No more than 1 drink per hour
- No drinking, if pregnant

***A standard drink is defined as one 12-oz bottle of beer, one 5-oz glass of wine, or 1.5 oz spirits or hard liquor.

** From the 2005 National Institute on Alcohol Abuse and Alcoholism. Pub.No. 05-3769.

The information below gives you a picture of the average number of drinks you reported consuming per week in the 90 days before the study and after your participation. The pie chart below allows you to compare your drinking to other women and how your drinking has changed.

Your Average Before: _______

Your Average Now: _______

Your Risk for an Alcohol Exposed Pregnancy After Participating in the Study.

☐ Low risk
☐ You reported using birth control as prescribed.
☐ You reported drinking less than 5 drinks in a day and no more than 7 drinks per week.

☐ At Risk
☐ You reported not using birth control as prescribed and drinking 5 or more drinks in a day.
☐ You reported not using birth control as prescribed and drinking 8 or more drinks per week.
☐ You reported not using birth control and drinking 5 or more drinks in a day.