

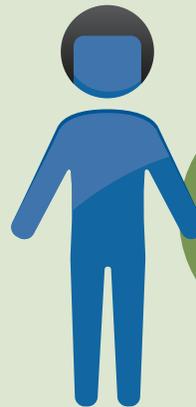
# Avoid alcohol

Research shows that drinking even a small amount of alcohol increases your chances of developing oral, breast and liver cancers.

**If you drink alcohol, limit yourself to:**



**one drink  
or less  
per day  
for  
women**



**two drinks  
or less  
per day  
for  
men**

**One drink is defined as:**



**12 fluid oz.  
of  
beer**



**5 fluid oz.  
of wine**



**1.5 fluid oz.  
of 80 proof  
distilled  
liquor**