



Alcohol Consumption Guidelines for the American People

Guided by the intent of the Dietary Guidelines for Americans:
Science-based recommendations to protect health and prevent disease

Preface

The **Dietary Guidelines for Americans** (DGAs) were created to help Americans meet nutrient needs, promote health, and prevent disease. The **DGA website** promises that alcohol guidance will be based on science and informed by independent panels reviewing the full body of evidence.

However, there is growing concern that the 2025-2030 DGAs may overlook or downplay this evidence. To ensure the American public has access to clear, science-based recommendations, the **U.S. Alcohol Policy Alliance** (USAPA) has developed these guidelines.

What the Science Says

The evidence is clear: There is no safe or healthy level of alcohol use. Each additional drink increases the risk of harm, including at least seven types of cancer: mouth cancer, throat (pharynx) cancer, voice box (larynx) cancer, esophageal cancer, colorectal cancer, liver cancer and breast cancer (in women). Even small amounts raise risk, which climbs steadily with higher intake.

Our Recommendations

- If you do not drink alcohol, do not start.
- If you do drink, cutting back — or stopping — reduces the risk of harm to your health.
- Certain groups should avoid alcohol entirely, including:
 - People who are pregnant or may become pregnant,
 - Anyone under 21,
 - People with certain medical conditions or taking medications that interact with alcohol,
 - People recovering from alcohol use disorder, or who struggle to limit drinking, and
 - Individuals with a family history of alcohol-related cancers.

Why It Matters

Alcohol use increases the risk of liver disease, heart disease, several cancers, injuries, and addiction. It is also a major driver of gun violence, suicide, crime, and incarceration. Even moderate drinking can carry significant risk:

- More than 7 drinks per week = 1 in 1,000 risk of alcohol-related death..
- More than 9 drinks per week = 1 in 100 risk of alcohol-related death.
- For men averaging 2 drinks per day = 1 in 25 risk of alcohol-related death.

Key Message

No amount of alcohol is safe for your health. For adults 21 and older who choose to drink, less is always better. These recommendations are rooted in science and are intended to help Americans make informed choices that support health and well-being at every stage of life.

RESOURCES

ALCOHOL INTAKE & HEALTH STUDY
SURGEON GENERAL'S ADVISORY
WORLD HEALTH ORGANIZATION STATEMENT

