I like to drink, but I am also health conscious. Is it safe if I limit my drinking to the weekends?

December 18, 2018 By Lucinda K. Porter RN

A 2018 study published in The Lancet found that the safest amount of alcohol to consume is none at all. This is disappointing news for health conscious people who enjoy moderate drinking.

The Centers for Disease Control and Prevention recommends that women limit their alcohol use to one drink a day; men should consume no more than two drinks a day. This means a glass of wine, a bottle of beer or a shot of spirits. Be sure to drink standard sizes.

An occasional drinker is likely to suffer fewer health consequences than a daily drinker is, assuming that you stick to the alcohol amounts recommended for your gender. Limiting drinking to weekends is not an excuse to binge drink, a dangerous practice that can harm the liver and other organs. Obviously, don't drink if you are taking certain medications, driving, or you are pregnant. Skip alcohol use if you are unable to control your drinking.

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