

# GLOBAL BEER RESPONSIBILITY DAY MODERATION MATTERS.

Beer • Wine • Spirits • Cocktails  
Responsibility applies to every pour.



A responsible night out starts before the first drink: decide your limit, pace yourself, include alcohol-free choices, and have a safe way home.

## 5 SMART CHOICES FOR RESPONSIBLE DRINKING

- 1 SET YOUR LIMIT** Decide how much you will drink before you start - and stick with it.
- 2 SWITCH IT UP** Alternate alcohol with water or a zero-alcohol drink.
- 3 EAT + PACE YOURSELF** Food, time, and slower sipping can help you avoid drinking too much too fast.
- 4 KNOW YOUR POUR** Serving size and ABV matter. One container can hold more than one standard drink.
- 5 RIDE RIGHT** If you drink, do not drive. Plan a sober driver or ride before you go.

## KNOW WHAT COUNTS AS ONE DRINK

U.S. standard drink = 0.6 oz pure alcohol



**BEER**  
12 oz  
5% ABV



**WINE**  
5 oz  
12% ABV



**SPIRITS**  
1.5 oz  
40% ABV

## ZERO IS ALWAYS AN OPTION

Skip alcohol if you are driving, under 21, pregnant, taking a medication that interacts with alcohol, or if your healthcare provider advises against drinking.

## INSPIRED BY GLOBAL BEER RESPONSIBLE DAY

AB InBev promotes moderation, balanced choices, and alcohol-free options as part of its responsible-drinking efforts.

## MAKE THE PLAN BEFORE THE POUR.

Know your limit • Add alcohol-free drinks • Eat •  
Get home safely

Sources: AB InBev - Global Beer Responsible Day / Cheers to Moderation; CDC - Alcohol Use & Standard Drink Sizes.

Have a topic idea? Send suggestions to [hr4u@fabianobrothers.com](mailto:hr4u@fabianobrothers.com) • Approved Safety Read topics earn a \$5 HIP Credit!

**GOOD TIMES. SMART CHOICES. SAFE RIDE HOME.**