Alcohol Falls

Any amount of alcohol can increase a person's risk for several types of cancer, including cancers of the throat, esophagus, and liver.

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What's the healthiest amount of alcohol to consume? Zero, according to the Diet and Physical Fitness Guidelines issued by the American Cancer Society (ACS) in June, which advises, "It is best not to drink alcohol." Any amount of alcohol increases the risk of cancers of the throat, voice box, esophagus, liver, colon and rectum, breast and, probably, stomach, according to ACS. "Alcohol use accounts for about 6% of all cancers and 4% of all cancer deaths in the United States."

For those who do drink, the ACS advises a limit of one drink a day for women, two for men. That's consistent with the current federal Dietary Guidelines. But even that may be changing, in part because earlier studies showing a cardiovascular benefit from moderate alcohol consumption have been called into question. According to The New York Times, the committee's advice for the upcoming 2020–2025 Dietary Guidelines will be to recommend a one-drink-a-day limit for both men and women.

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