

LOW-RISK ALCOHOL DRINKING GUIDELINES

If you choose to drink, DRINK WISELY.



"One Drink" Means:



Beer

One glass of beer
341 ml (12 oz)
5% alcohol



Fortified wine

One glass of fortified wine
85 ml (3 oz)
20% alcohol



Wine

One glass of wine
142 ml (5 oz)
12% alcohol

Cooler, cider, ready-to-drink

241 ml (12 oz) of drinks
5% alcohol



Spirits

One glass of spirits
43 ml (1.5 oz)
40% alcohol



Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.

TOP SEVEN Low-Risk Drinking Tips

- 1 Set limits for yourself and stick to them.
- 2 Drink slowly.
- 3 Drink lots of water.
- 4 For every drink of alcohol, have one non-alcoholic drink.
- 5 Eat before and while you are drinking.
- 6 Choose alcohol-free or low-alcohol beverages.
- 7 Have alcohol-free weeks or do alcohol-free activities



Your Limits

You can reduce your long-term health risks by following three simple guidelines:

- 1 For Women**
No more than two drinks a week.
- 2 For Men**
No more than two drinks a week.
- 3 For Everyone**
Plan non-drinking days every week to avoid developing a habit.



Know When Zero's the Limit

Do not drink at all when you are:

- Driving a motor vehicle.
- Using machinery and tools.
- Taking medicine or other drugs that interact with alcohol.
- Doing any kind of dangerous physical activity.
- Being responsible for the safety of others.
- Making important decisions.
- Pregnant or planning to become pregnant.



Pregnant? Zero Is Safest

If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.

Delay the Age You Start Drinking

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than **one** to **two** drinks at a time, and never more than **one** to **two** times per week. They should plan ahead, follow local alcohol laws and consider the low-risk drinking tips listed in this brochure. Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in Your Limits.

Special Occasions

Reduce your risk of injury and harm by drinking no more than **two** drinks on any single occasion. Plan to drink in a safe environment. Stay within the weekly limits outlined in Your Limits.

For a complete list of official supporters of Canada's low-risk alcohol drinking guidelines please visit:

www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/Supporters-LRDG.aspx



Canadian Centre
on Substance Abuse
www.ccsa.ca

