

# 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



### Premixed Drinks

See bottle labels for alcohol  
content, which can vary from  
2.5% to 20%



### 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 FIVE Low-Risk Drinking Tips

- 1 Set limits for yourself and stick to them.
- 2 Drink slowly. Have no more than **two** drinks per week.
- 3 For every drink of alcohol, have one non-alcoholic drink.
- 4 Eat before and while you are drinking.
- 5 Always consider your age, body weight and health problems that might suggest lower limits. While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits. Low-risk drinking helps to promote a culture of moderation. Low-risk drinking supports healthy lifestyles.



# 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 vehicle or using machinery and tools.
- Taking medicine or other drugs that interact with alcohol.
- Doing any kind of dangerous or strenuous physical activity including sports.
- Living with mental or physical health problems.
- Living with alcohol dependence.
- Pregnant or planning to become pregnant.
- Responsible for the safety of others.
- Making important decisions.



# 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 (for women) or **two** drinks (for men) on any single occasion. Plan to drink in a safe environment. Stay within the weekly limits outlined in Your Limits.

For more information on Canada's Guidance on Alcohol and Health, please visit:

<https://www.ccsa.ca/canadas-guidance-alcohol-and-health>

