

Know your limits

CANADA'S LOW-RISK ALCOHOL DRINKING GUIDELINES

Low risk is not no risk.
To have no risk, don't drink.



There is no safe limit of alcohol consumption. But you can reduce your long-term health risks by planning non-drinking days each week, and drinking **no more than:**

Women



0 – 2 drinks daily
10 drinks per week

Men



0 – 3 drinks daily
15 drinks per week

These guidelines are not meant to encourage those who abstain from drinking alcohol to start, or those who drink less than the recommended amounts, to drink more.

What is a standard drink?



Beer, cider or cooler
341 ml (12 oz) 5% alcohol content

Wine
142 ml (5 oz) 12% alcohol content

Distilled alcohol (rye, gin, rum, etc.)
43 ml (1.5 oz) 40% distilled alcohol content

Did you know?

By drinking less alcohol, you can also lower your risk of several cancers. The best way to do this is to not drink at all.

If you choose to drink and want to reduce your risk of cancer, **have no more than 1 drink per day for women and 2 drinks per day for men.**