

Bring moderation to your recreation



Know your
maximum limits

2 drinks
/day
10 drinks
/week
for women

3 drinks
/day
15 drinks
/week
for men



Canadian Centre
on Substance Abuse
Centre canadien de lutte
contre les toxicomanies

www.ccsa.ca

Canada's Low-Risk Alcohol Drinking Guidelines

PICK UP YOUR COPY
at any LCBO store or
online at www.ccsa.ca



Canada's Low-Risk Alcohol Drinking Guidelines

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

