Bring moderation to your recreation

Low-risk drinking helps to promote a culture of moderation.

Low-risk drinking supports healthy lifestyles.

Know your maximum limits:
- 2 drinks/day for women
- 3 drinks/day for men
- 10 drinks/week for women
- 15 drinks/week for men

Set limits for yourself and stick to them.
Drink slowly. Have no more than 2 drinks in any 3 hours.
For every drink of alcohol, have one non-alcoholic drink.
Eat before and while you are drinking.
Always consider your age, body weight and health problems that might suggest lower limits.

Drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

Bring moderation to your recreation.

www.ccsa.ca

© Canadian Centre on Substance Use and Addiction 2017.