

# MODERATION WILL KEEP YOU COOL ALL SUMMER



MAXIMUM  
FOR WOMEN

**2** DRINKS  
/DAY  
**10** DRINKS  
/WEEK

MAXIMUM  
FOR MEN

**3** DRINKS  
/DAY  
**15** DRINKS  
/WEEK

**KNOW YOUR LIMITS.  
STAY SAFE AND HEALTHY.**



Canadian Centre  
on Substance Use  
and Addiction

Evidence. Engagement. Impact.

IF YOU ARE PREGNANT OR PLANNING TO BECOME PREGNANT, OR ABOUT TO BREASTFEED, THE SAFEST CHOICE IS TO DRINK NO ALCOHOL AT ALL.