Canada's Guidance on Alcohol and Health Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use A standard drink means: Beer Cooler, cider, Spirits Wine 341 ml (12 oz) of beer ready-to-drink 142 ml (5 oz) of wine or or (whisky, vodka, gin, etc.) 5% alcohol 341 ml (12 oz) of drinks 12% alcohol 43 ml (1.5 oz) of spirits 5% alcohol 40% alcohol To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use. **Alcohol Consumption Per Week** 0 drinks per week No risk 0 Not drinking has benefits, such as better health and better sleep. 1 to 2 standard drinks per week You will likely avoid alcohol-related Low risk consequences for yourself and others. 3 to 6 standard drinks per week Moderate Your risk of developing several different types of cancer, including breast and risk colon cancer, increases. 7`\W`\W`\W 7 or more standard drinks per week Your risk of heart disease or stroke increases. Increasingly Each additional standard drink **wwwwww**www high risk Radically increases the risk of these ++**wwwwwww**w alcohol-related consequences. **Alcohol Consumption** Pregnant, Trying to Get Sex and Gender Pregnant or Breastfeeding Per Dav Health risks increase more quickly at 7 or more standard If you are going to drink, don't During pregnancy or when trying drinks per week for females. exceed 2 drinks on any day. to get pregnant, there is no known safe amount of alcohol use. Overall, far more injuries, Drinking less benefits you and violence and deaths result others. It reduces your risk of injury When breastfeeding, not drinking from men's drinking. and violence, and many health alcohol is the safest. problems that can shorten life. To better understand and to evaluate your alcohol use,



Evidence. Engagement. Impact.

The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Guidance on Alcohol and Health. This document is a summary for the public of the new guidance. For more information, please visit <u>www.ccsa.ca</u>.

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bit.ly/knowing-your-limits

please see Knowing Your Limits

with Alcohol: