





Know Your Standard Drink

Drink less alcohol to lower your health risks — your body and mind will thank you!

Understanding standard drinks can help you drink less. Even a small change can make a big difference.

A standard drink means

 Beer 341 ml (12oz) 5% alcohol	or	 Wine 142 ml (5oz) 12% alcohol	or	 Cooler, cider, ready-to-drink 341 ml (12oz) 5% alcohol	or	 Spirits 43 ml (1.5oz) 40% alcohol
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Choose Smaller Drinks

You can **improve your health** by having smaller drinks, even ones with the same alcohol content.

Beer

0.7 (-30%)
standard drink
236 ml (8 oz)
5% alcohol



A standard drink

1.0
standard drink
341 ml (5oz)
5% alcohol



1.4 (+40%)
standard drinks
473 ml (16 oz)
5% alcohol



1.7 (+70%)
standard drinks
568 ml (20 oz)
5% alcohol

Wine

0.8 (-20%)
standard drink
115 ml (4 oz)
12% alcohol



1.0
standard drink
142 ml (5oz)
12% alcohol



1.2 (+20%)
standard drinks
171 ml (6 oz)
12% alcohol



2.6 (+160%)
standard drinks
375 ml (13 oz)
12% alcohol

Pick Lower Alcohol Options

You can also **lower your health risks** by having drinks with lower alcohol content, even with the same size of drink.

Cooler, Cider, Ready-to-Drink

0.8 (-20%)
standard drink
341 ml (5oz)
4% alcohol



1.0
standard drink
341 ml (5oz)
5% alcohol



1.4 (+40%)
standard drinks
341 ml (5oz)
7% alcohol



1.8 (+80%)
standard drinks
341 ml (5oz)
9% alcohol



**Drinking less
reduces your risk of:**



Injuries,
accidents
and violence.



Health problems
like cancer, heart
disease and stroke.



Canadian Centre
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Learn more about [Canada's Guidance on Alcohol and Health](#).

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Use a [standard drink calculator](#) to understand how much you're drinking.