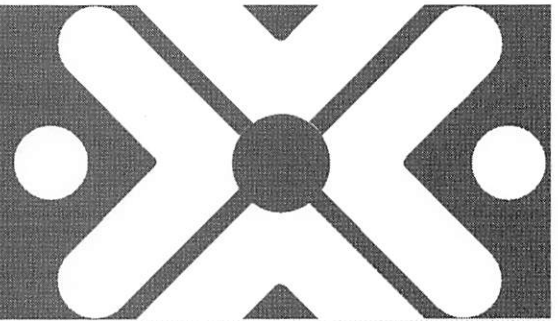


Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use



A standard drink means:



Beer

341 ml (12 oz) of beer
5% alcohol

or



Cooler, cider, ready-to-drink

341 ml (12 oz) of drinks
5% alcohol

or



Wine

142 ml (5 oz) of wine
12% alcohol

or



Spirits

(whisky, vodka, gin, etc.)
43 ml (1.5 oz) of spirits
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

Not drinking has benefits, such as better health and better sleep.

No risk



1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

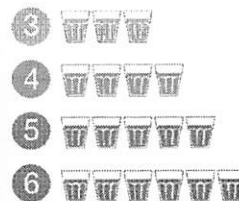
Low risk



3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk



7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Increasingly high risk

Each additional standard drink
Radically increases the risk of these alcohol-related consequences.



Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

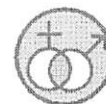
Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.



Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.



Canadian Centre on Substance Use and Addiction

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 www.ccsa.ca.

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To better understand and to evaluate your alcohol use, please see *Knowing Your Limits with Alcohol*:

bit.ly/knowing-your-limits