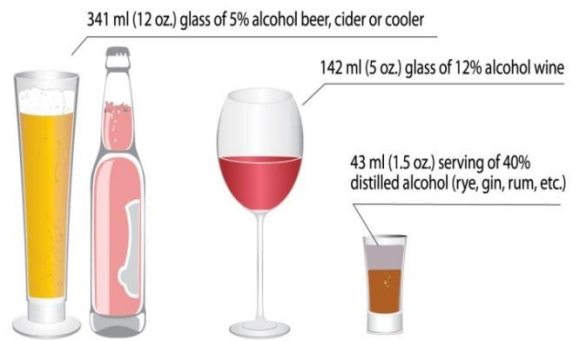


Low-Risk Drinking Guidelines

Standard Drinks

For these guidelines, "a drink" means:



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Source: Canada's Low-Risk Alcohol Drinking Guidelines [Brochure], 2012.

Recommended Average Levels:

- 0-2 standard drinks per day for women
- 0-3 standard drinks per day for men
- No more than 10 standard drinks per week for women
- No more than 15 standard drinks per week for men
- Always have some non-drinking days per week to minimize tolerance and habit formation
- Do not exceed the daily limits & do not save up drinks for the weekend or an event

When drinking, remember to:

- Set limits for yourself and stick to them
- Drink slowly – no more than 2 standard drinks in any 3 hours
- Have one caffeine-free, non-alcoholic drink for every drink of alcohol consumed (preferably water)
- Eat before and while you are drinking (**do not** drink on an empty stomach)
- Avoid risky situations and activities