

The image features two stylized human silhouettes on the left side. The silhouette of a man is colored yellow and has a large white circle with the number '3' inside it. The silhouette of a woman is colored pink and has a large white circle with the number '2' inside it. To the right of these silhouettes is the main title and text.

# Canada's Low-Risk Alcohol Drinking Guidelines

**Reduce your long-term health risks  
by drinking no more than:**

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

**Plan non-drinking days every week  
to avoid developing a habit.**

**[www.ccsa.ca](http://www.ccsa.ca)**

For these  
guidelines,  
“a drink”



means: ▶▶▶

**Beer**  
341 ml  
(12 oz.)

5% alcohol  
content

**Cider/  
Cooler**  
341 ml  
(12 oz.)

5% alcohol  
content

**Wine**  
142 ml  
(5 oz.)

12% alcohol  
content

**Distilled  
Alcohol**  
(rye, gin, rum, etc.)  
43 ml (1.5 oz.)  
40% alcohol  
content



Canadian Centre  
on Substance Use  
and Addiction

[www.ccsa.ca](http://www.ccsa.ca)