

## A standard drink size is...



Spirits

43mL (1.5oz) of spirits  
40% alcohol



Beer, Cooler, Cider,  
Ready-to-Drink

341mL (12oz) of drinks  
5% alcohol



Wine

142mL (5oz) of wine  
12% alcohol

Having more than 2 standard drinks per week can increase your risk of harm. If alcohol drinking is harming your health, try low/no alcoholic beverages, talk to your healthcare provider, or visit [ConnexOntario.ca](http://ConnexOntario.ca).

## Canada's Guidance on Alcohol & Health says:

Drinking less alcohol is better for your health and any reduction in alcohol use has benefits.

You get to decide what works.

For more information:



# Canada's Guidance on Alcohol & Health

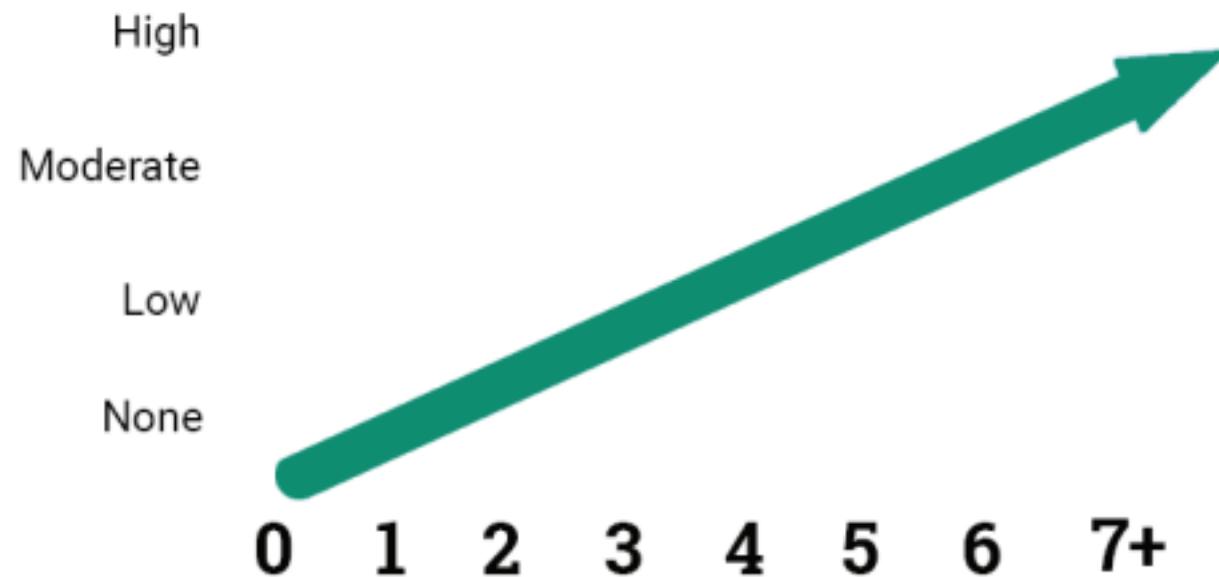
## Here are some tips to help reduce your alcohol intake:

- Set a limit and stick to it
- Eat before and while drinking alcohol
- Drink water in between alcoholic drinks
- Choose alcohol-free activities

When trying to get pregnant, during pregnancy and when chest/breast feeding, avoid alcohol use.

Youth should delay drinking alcohol for as long as possible.

## Understanding your Risk\*



**Standard alcohol drinks per week**

\*Higher risk relating to cancer, heart disease, stroke and violence