

Understanding Canada's low-risk drinking guidelines

Following these guidelines can reduce health risks associated with alcohol consumption:

- Limit alcohol to no more than:



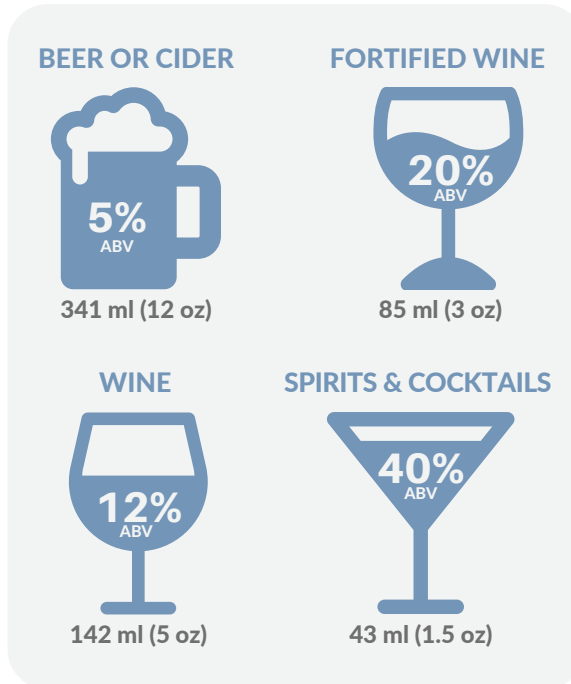
- Adults who don't weigh a lot, are younger than 25 or older than 65, or aren't used to drinking should limit consumption further.
- Plan two or more alcohol-free days per week.

For more information, visit:
healthlinkbc.ca/health-topics/low-risk-drinking-guidelines



How much is one drink?

A standard drink contains 0.6 ounces of pure alcohol. Here are some examples:



For more information, visit:
healthlinkbc.ca/standard-alcoholic-drink

ABLE BC'S GUIDE TO LOW-RISK DRINKING

For a responsible liquor industry



If you choose to drink, please drink responsibly.

When deciding when to drink, consider these tips:

- Set a personal limit that fits your age, weight, health concerns, lifestyle, and diet.
- Drink at a moderate pace. Stick to two drinks in three hours.
- Alternate alcoholic drinks with water.
- Never skip a meal while drinking. Eat before and while drinking.
- Remember that what works for someone else may not work for you, and your moderation needs might change throughout your life. Check-in with a professional if you are struggling with healthy drinking habits.



When to avoid alcohol

You should avoid alcohol entirely when you are:

- Pregnant or planning to become pregnant or while breastfeeding.
- Driving a vehicle or using machinery and tools.
- Taking medicine or drugs that interact with alcohol.
- Engaging in strenuous or dangerous physical activity.
- Living with mental or physical health conditions.
- Living with addiction or substance abuse issues.
- Responsible for the safety of others.
- Making important decisions.

Support a healthy lifestyle by drinking responsibly, if at all.

If you're looking for support for alcohol or drug dependency, please visit:

- heretohelp.bc.ca
- wellbeing.gov.bc.ca
- canadadrugrehab.ca/canada-alcohol-and-drug-rehab-programs