

# Media Release

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## **Get to know Canada's Low-Risk Alcohol Drinking Guidelines: A hangover is the least of your worries!**

Canada's Low-Risk Alcohol Drinking Guidelines (2012) were created to reduce your risk of causing injury or harm to yourself and others. These Guidelines recommend safe, legal and low-risk alcohol drinking practices. While these Guidelines support a healthier lifestyle, you should be aware that drinking alcohol has many harmful effects on health.

### **A Standard Drink is:**

- 341 ml (12 oz.) bottle of 5% alcohol content (beer, cider or cooler)
- 142 ml (5 oz.) glass of wine with 12% alcohol content
- 43 ml (1.5 oz.) serving of 40% distilled alcohol content (rye, gin, rum, etc.)

### **Stay safe. Stay healthy. Follow the Guidelines by:**

#### *1. Limiting your drinking:*

- 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

#### *2. Limiting Drinks on One Occasion:*

- Women - no more than 3 drinks
- Men - no more than 4 drinks

#### *3. Practicing Zero Alcohol Drinking Limit when:*

- Driving / using machinery
- Taking medicine / drugs
- Working
- Living with mental or physical illness, or alcohol addiction
- Planning to get pregnant,
- Pregnant or breastfeeding
- Responsible for important decisions and care of others
- Or if directed by your health care provider

#### *4. Alcohol Free Pregnancy*

If you are pregnant, planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.

#### *5. Delaying Drinking until Late Teens or Older.*

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1–2 drinks at a time, and never more than 1–2 times per week. They should plan ahead, follow local alcohol laws.

Young Adults 19+, following the Guidelines.

**If you don't drink, don't start.**

**If you do drink alcohol, practice Safer Drinking Tips.**

- Set and limit your number of drinks.
- Drink slowly - maximum of 2 drinks in 3 hours.
- Eat before and while drinking.
- Set lower alcohol limits relating to your age, weight and health problems.
- For health benefits, don't start or increase drinking. Instead, practice healthy eating and daily physical activity.

For more information, please call 1-800-660-5853 or visit: <http://www.healthunit.org/alcoholdrug/>

[http://www.ccsa.ca/eng/priorities/alcohol/canada-low-risk-alcohol-drinking-guidelines/pages/default.aspx?utm\\_source=CCSA\\_website&utm\\_medium=News\\_release&utm\\_campaign=Canada's Low-Risk Alcohol Drinking Guidelines \(2011 launch\)](http://www.ccsa.ca/eng/priorities/alcohol/canada-low-risk-alcohol-drinking-guidelines/pages/default.aspx?utm_source=CCSA_website&utm_medium=News_release&utm_campaign=Canada's_Low-Risk_Alcohol_Drinking_Guidelines_(2011_launch))

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