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## Rethink your Drinking: Know the standard drink sizes

For the first time ever, Canada has one national set of low-risk alcohol drinking guidelines. These guidelines, intended for Canadians of legal drinking age who choose to drink alcohol, aim to provide consistent information across the country to help Canadians moderate their alcohol consumption and make informed choices. The new guidelines outline standard drinks sizes and limits for men and women, discuss when the limit is zero, and provide healthy alternatives and tips to decrease health risks.

Drinking alcohol is a personal choice, and the majority of people drink responsibly. We're not asking you to stop drinking ... instead we want you to Rethink Your Drinking, and gradually reduce the amount of alcohol you consume as part of a healthy lifestyle. If you choose to drink, these guidelines can help you decide when, where, why and how.

### **Low risk drinking supports healthy lifestyles. When it comes to alcohol, size matters.**

Following the low- risk drinking guidelines can help you decrease health risks! Understanding standard drink sizes matters since some drinks have more alcohol in them than others. Here are some things to keep in mind:

- **One standard drink means 1, 12oz bottle of 5% alcohol, beer, cider or cooler; 1, 1.5oz shot of 40% hard liquor (vodka, rum, whisky, gin, etc.); 1, 5oz glass of 12% wine.**
- **Women should drink no more than 3 drinks on any single occasion. Men should drink no more than 4 drinks on any single occasion. To reduce long-term health risks, women should drink no more than 10 drinks a week, and men should drink no more than 15 drinks a week.**
- **Remember that a cooler, beer or cider may have more than 5% alcohol which means it is not a standard drink.**

There are lots of safe tips to consider when drinking alcohol. Try to follow Canada's Low- Risk Alcohol Drinking Guidelines by having limits for yourself and sticking to them. Drink slowly and have no more than 2 alcoholic drinks in any 3 hours. Avoid drinking games that require 'chugging'. These tips can help you to create a healthy lifestyle for yourself. You can also talk to your health care provider to find out more about how alcohol affects your health.

For more information on how to **Rethink your Drinking**, please visit our website: [www.healthunit.org](http://www.healthunit.org) or call the Health ACTION Line at 1-800-660-5853. Like our facebook page for important public health updates. Follow @areyousafe for information on how alcohol affects your sexual health.

References: Canadian Centre on Substance Abuse. (2011). Canada's Low-Risk Alcohol Drinking Guidelines. Referenced from: <http://www.rethinkyourdrinking.ca/guidelines.php>

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