

# What's in a Drink

## One Drink Equals

- One regular beer 350ml or 12oz at about 5% alcohol
- One glass of wine (150ml or 5 oz) at about 12% alcohol
- One shot of hard liquor or spirits (44ml or 1.5 oz) at about 40% alcohol

## Canada's Low-Risk Alcohol Drinking Guidelines

- 10 standard drinks a week for women, with no more than 2 drinks a day, most days
- 15 standard 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.
- These limits will help reduce your long-term health risks from alcohol consumption.