



Know your Number!

Low-Risk Drinking Guidelines

Zero drinks = lowest risk of an alcohol related problem

0

Recommended that no one drink more than 2 standard drinks a day

2

Recommended that women drink no more than 9 standard drinks a week

9

Recommended that men drink no more than 14 standard drinks a week

14

Think
of drinking
in a
new way...

1 standard drink = 13.6 grams of alcohol

wine

spirits

beer



OR



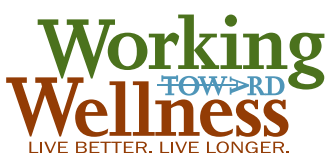
OR



5 oz. / 142 mL
of wine
(12% alcohol)

1.5 oz. / 43 mL
of spirits
(40% alcohol)

12 oz. / 341 mL
of regular beer
(5% alcohol)



The Low Risk Guidelines are designed to help you make healthy choices and minimize the risk of problems related to alcohol.

Source: University of Toronto and the Centre for Addiction and Mental Health 2000.
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