

When it comes to alcohol...

## Size Matters

### What is a standard drink?

A 'standard drink' is a drink that contains about 13.6 grams of "pure" alcohol. The size of your drink matters because the amount of alcohol in alcoholic beverages can vary.

One [standard drink](#) equals:

- 341 ml (12 oz) bottle of 5% alcohol **beer, cider or cooler**
- 43 ml (1.5 oz) shot of 40% **hard liquor** (vodka, rum, whisky, gin etc.)
- 142 ml (5oz) glass of 12% **wine**

Some drinks have **more** alcohol – like some coolers, fortified wines or specialty drinks.

A cooler may have 7% alcohol, so it is **not** a standard drink. Sweeter drinks, like Port can have 20% alcohol content or a liqueur like apricot brandy can have an alcohol content of 25%.

Of course there are speciality drinks, like a martini or long island ice tea which combine a variety of alcohols.

A martini for instance has three shots of various types of alcohol, so one martini is equal to 3 beers. Long island ice tea has four shots, so one drink equals four beers.

Knowing what a standard drink is helps you lower associated short and long-term health risks.

### Low-risk alcohol drinking guidelines

Low-risk alcohol drinking guidelines are for Canadian adults aged 25–65 years who choose to drink alcohol.

They were created to help adults make informed choices about alcohol consumption to reduce associated short- and long-term health risks.

If you choose to drink, here are suggested daily limits for men and women:

**Women** – no more than 2 standard drinks/day most days and no more than 10 standard drinks a week.

**Men** – no more than 3 standard drinks/day most days and no more than 15 drinks a week.

### Other ways to lower your risk

- Plan at least 2 non-drinking days every week to avoid developing a habit.
- Set limits for yourself and stick to them.
- Drink slowly – no more than 2 standard drinks in any 3 hours.
- For every drink of alcohol, have one alcohol-free drink.
- Eat before, and when you drink.
- Your age, body weight and health problems may suggest lower limits.
- If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is to drink **no** alcohol at all.

RETHINK<sup>o</sup>:  
YOUR DRINKING.ca



FIND OUT WHY



[www.rethinkyourdrinking.ca](http://www.rethinkyourdrinking.ca)