

drinking guidelines

supporting health and life

Canada's Low-Risk Alcohol Drinking Guidelines

Reduce long-term health risks by drinking no more than 10 drinks a week for women or 15 drinks a week for men and avoid drinking on some days each week

Reduce risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion

Do not drink in situations where any impairment reduces ability to function safely and responsibly (e.g., when driving)

The safest choice is to not drink at all while pregnant, planning to become pregnant or before breastfeeding

Children and adolescents should delay drinking until the late teens, talk with their parents about drinking, and never have more than 1 to 2 drinks at a time, and never more than 1 to 2 times per week

From late teens to age 24, youth should never have more than 2 drinks a day (for females) or 3 drinks a day