



Low-Risk Drinking for Adults

To reduce long-term health risks

- do not exceed weekly limits
15 units for men
10 units for women
- avoid drinking on some days

To reduce injury and other harms

- do not exceed daily limits
4 units for men
3 units for women
- adjust your drinking according to the setting

Do not drink when

- operating vehicles, machinery or tools
- taking medicines or other drugs
- dealing with health problems
- making important decisions
- providing care to others

The safest option is to not drink at all

- during pregnancy
- when planning to become pregnant
- before breastfeeding

Harm reduction tips

- drink in safe environments
- have no more than **2** units of alcohol in any **3-hour** period
- eat before and while drinking
- alternate with non-alcoholic drinks



5% Alc
350 ml
1 unit



12% Alc
150 ml
1 unit



40% Alc
1.5 oz
1 unit



Measuring Your Risk

		MALE	FEMALE
Long-term health	Low	less than 16 units per week	less than 11 units per week
	Increased	16-30 units per week	11-20 units per week
	High	more than 30 units per week	more than 20 units per week
Immediate harms	Low	never more than 4 units and no inappropriate use	never more than 3 units and no inappropriate use
	Increased	rarely 5-7 units in a day or rare inappropriate use	rarely 4 units in a day or rare inappropriate use
	High	5-7 units more than once a week or ever more than 7 units or regular inappropriate use	4 units more than once a week or ever more than 4 units or regular inappropriate use
Dependence	Low	1 or more days per week alcohol-free and never find it difficult to stop drinking	
	Increased	no days per week alcohol-free or sometimes find it difficult to stop drinking	

Overall Drinking Pattern

Low Risk	Low Risk on all 3 risks above
Increased Risk	Increased Risk on 1
High Risk	Increased Risk on 2 or more or High Risk on 1 or more

Long-term health risks include several types of cancer, heart disease and other chronic illnesses.

Immediate harms include injuries from falls, accidents and violence.

For Further Information and Help

www.alcoholreality.ca

1-800-663-1441