



## Alcohol and youth

Drinking is a leading cause of death and social issues in young people. Intoxication is associated with:

- High risks of injuries
- Aggression and violence
- Dating violence
- Worsening academic performance

Youth under the legal drinking age should delay drinking for as long as possible.



## Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.

Production of this document has been made possible through a financial contribution from Health Canada. The funding body did not influence guideline content. The views expressed herein do not necessarily represent the views of Health Canada.

This document is a summary for the public of the new guidance. For more information, please visit [www.ccsa.ca](http://www.ccsa.ca).

© Canadian Centre on Substance Use and Addiction, 2023



## Aim to drink less

You can reduce your drinking in steps! Remember, any reduction helps lower your health risks. Every little bit counts.

### It's time to pick a new target

What will your weekly drinking target be?



### Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.



To better understand and to evaluate your alcohol use, please see *Knowing Your Limits with Alcohol*:

[bit.ly/knowning-your-limits](http://bit.ly/knowning-your-limits)

Distributed by:

**The Prevention Conversation**

It's time to talk about alcohol and pregnancy



# Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use



Canadian Centre on Substance Use and Addiction



Evidence. Engagement. Impact.

## A standard drink means:



### Beer

341 ml (12 oz) of beer  
5% alcohol

or



### Cooler, cider, ready-to-drink

341 ml (12 oz) of drinks  
5% alcohol

or



### Wine

142 ml (5 oz) of wine  
12% alcohol

or



### Spirits

(whisky, vodka, gin, etc.)  
43 ml (1.5 oz) of spirits  
40% alcohol

# To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

## Alcohol Consumption Per Week

### 0 drinks per week

Not drinking has benefits, such as better health and better sleep.

No risk



### 1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

Low risk



### 3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk



### 7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Increasingly high risk



### Each additional standard drink

Radically increases the risk of these alcohol-related consequences.



## Alcohol Consumption Per Day

If you are going to drink, **don't exceed 2 drinks on any day.**

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



## Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.