Most Albertans drink in moderation. Do you? How much is too much?

Check in honestly with yourself.

Do you drink alcohol?

- Yes
  - On average, how many days a week do you have an alcoholic drink?
  - Be sure to plan non-drinking days every week to avoid developing a habit.
  - On any single occasion to reduce your risk of injury and harm, drink no more than:
    - 3 drinks for women
    - 4 drinks for men

- No
  - People have various reasons for not drinking. By not drinking you protect yourself from long- and short-term risks associated with alcohol.

There are times when no alcohol is best. Such as, if you are under the legal age, pregnant, driving, living with addiction or mental health concerns, or taking certain medications.

To reduce your long-term health risk, drink no more than:
- 2 drinks a day most days for women
- 3 drinks a day most days for men

Alcohol contributes to the overall risk of onset for these chronic diseases and conditions: mouth, esophagus, throat, liver and female breast cancer, epilepsy, heart disease, and diabetes.

For these guidelines, a drink means:
- 43 ml (1.5 oz.) serving of 40% distilled alcohol content (rye, gin, rum etc.)
- 142 ml (5 oz.) glass of wine with 12% alcohol content
- 341 ml (12 oz.) glass of 5% alcohol content (beer, cider or cooler)

Do you drink too much, too often, or at the wrong time? Support is available.

1-866-332-2322
www.albertahealthservices.ca/2459.asp