

Low-Risk Drinking Guidelines for BC



www.alcoholreality.ca

3 questions. 3 minutes.
No judgment. Just the facts.

How would you rate your drinking?



Is it safe?
Always safe?
Sometimes risky?
Harmful?

To decide if your drinking habits pose a risk to you or others, consider the Low-Risk Drinking Guidelines for BC.

Guideline 1.

Avoid intoxication. Don't drink more than the daily limit (4 standard drinks for men, 3 for women)

Guideline 2.

To avoid long term harms to your health, don't exceed the weekly limit.

At least one or two days of the week should be drink-free, and you should never consume more than 20 standard drinks for men, and 10 for women.

Guideline 3.

Never consume alcohol when it will put you or others at increased risk.

For example, don't drink when you:

- Drive or operate machinery
- Need to be alert, like at work
- Use other substances like pain killers
- Are pregnant or breastfeeding
- Have a mental illness or health problem

A standard drink is:



Beer

350 ml (12 oz)
at 5% alc.



Wine

150 ml (5 oz)
at 12% alc.



Cocktail/Highball

50 ml (1.5 oz)
at 40% alc.



Sherry/Port

85 ml (3 oz)
at 18% alc.

To rate your use of alcohol using our online checkup, visit

www.alcoholreality.ca

**Alcohol-
related
Resources
are available
on our website**



Visit publications.carbc.ca to view, download or print these documents:

- Low-Risk Drinking Guidelines
- Alcohol & British Columbians
- Alcohol Myths & Facts
- Tips on Quitting or Cutting Back on Drinking
- Fact Sheet on Alcohol
- A Safe Night Out: Avoiding Harm from Alcohol at Clubs and Bars
- Alcohol 101: A Crash Course on Drinking
- Responding to Your Teen's Alcohol Use
- Hosting a Teen Party
- Going Out and Staying Safe

Other substance-related resources are also provided at www.carbc.ca and at www.heretohelp.bc.ca