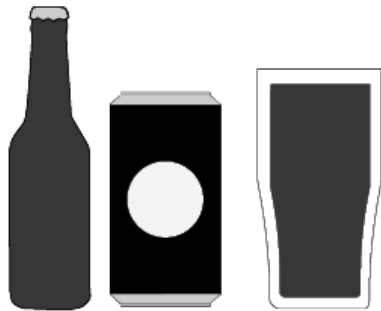


## What is a standard drink?

A Canadian standard drink contains 17.05mL (0.5765oz)<sup>1</sup> of pure ethanol.

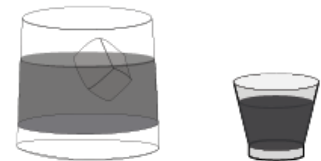
For these guidelines, “a drink” means...



BEER/CIDER/COOLER  
341mL (12oz)  
5% alcohol content



WINE  
142mL (5oz) glass  
12% alcohol content



DISTILLED ALCOHOL  
(rum, vodka, gin, etc)  
43mL (1.5oz) glass  
40% alcohol content

Alcohol strengths may vary from product to product so check the % of alcohol by volume listed on the container.

## Learning to count drinks?

- 340 mL bottle of light beer (3.7% alcohol) = 0.7 standard drinks
- 500 mL can of cider (4.5% alcohol) = 1.3 standard drinks
- 750 mL bottle of wine (12% alcohol) = 5.3 standard drinks
- 9 oz glass of wine (14% alcohol) = 2.1 standard drinks
- 2 oz shot of spirits (40% alcohol) = 1.3 standard drinks

Reduce your alcohol-related health risks<sup>2</sup> by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days.
- 15 drinks a week for men, with no more than 3 drinks a day most days.

Plan non-drinking days every week to avoid developing a habit. On special occasions, reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion.

- Learn more about Canada’s Low-Risk Drinking Guidelines at:  
<https://www.ccsa.ca/canadas-low-risk-alcohol-drinking-guidelines-brochure>
- Calculate the number of standard drinks using: <http://aodtool.cfar.uvic.ca/index-stddt.html>



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de recherche sur  
l'usage de substances

<sup>1</sup> Ounces (oz) are Imperial fluid ounces (rather than US fluid ounces).

<sup>2</sup> Alcohol consumption can cause cancer and other acute and chronic health issues.