



The amount of alcohol you drink affects your health. Do you know how much is too much? Is there really a difference between a glass of wine, a bottle of beer or a shot of liquor?



Exceeding your daily or weekly limit increases your risk of injuries and certain chronic diseases such as cancer, stroke, heart disease, diabetes, and osteoporosis.



Check the **0 2 9 14** chart on the right, and think about how much you drink. Talk to your Health Professional about it.

How much is too much?

0
2
9
14

Zero drinks = lowest risk of an alcohol-related problem. Recommended for special populations (drivers, women who are considering pregnancy, who are pregnant or who are breastfeeding, and others at risk.)

No more than **2 standard drinks** on any one day

Women: up to **9 standard drinks** a week

Men: up to **14 standard drinks** a week

Reduce the risk of dependency.
Have at least one alcohol-free day per week.

What is a standard drink?



Table Wine
142 ml (5 oz.)
(10-12% alcohol)



Spirits
43 ml (1.5 oz.)
(40% alcohol)



Cooler
341 ml (12 oz.)
(4-5% alcohol)



Fortified Wine
i.e. Port, Sherry
85 ml (3 oz.)
(16-18% alcohol)



Regular Beer
341 ml (12 oz.)
(4-5% alcohol)

©2004 Centre for Addiction and Mental Health

Sponsored by Greater Kingston Area Safe & Sober Community Alliance