



## Low-Risk Drinking Guidelines

**0** **Zero drinks** = lowest risk of an alcohol-related problem

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

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

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

**1 standard drink = 13.6 grams of alcohol =**

wine



5 oz / 142 mL  
of wine  
(12% alcohol)

spirits



1.5 oz / 43 mL  
of spirits  
(40% alcohol)

beer



12 oz / 341 mL  
of regular strength beer  
(5% alcohol)

or

or

Higher alcohol beers and coolers have more alcohol than one standard drink.

- If you don't already drink, don't start for health reasons.
- If you do drink, avoid getting intoxicated or drunk.
- Wait at least one hour between drinks.
- Have something to eat. Drink non-alcoholic beverages, such as water, soft drinks or fruit juice.

*maximize life, minimize risk*

## Alcohol & Your Heart – Take the Test

Think you know a lot about alcohol and heart health?  
Take the test and see...

- 1** The health benefits of alcohol apply mainly to people over the age of 45.  True  False
- 2** The Low-Risk Drinking Guidelines recommend different weekly limits for men and women.  True  False
- 3** The Low-Risk Drinking Guidelines recommend that healthy adults have no more than 2 standard drinks on any one day.  True  False
- 4** If you want to lower your risk of heart disease, drink red wine.  True  False

### ANSWERS:

- 1 TRUE** The health benefits of alcohol apply mainly to people over the age of 45. In most cases, one drink of beer, wine or spirits every other day is enough. Young people have low rates of heart disease but high rates of alcohol-related injuries and death. Therefore, they should not start drinking or increase their drinking to improve their heart health.
- 2 TRUE** For men, the risk of death increases when they have more than 14 drinks a week. Women who have more than 9 drinks a week have higher rates of cancer and other problems than those who drink less.
- 3 TRUE** Having more than 2 drinks a day increases the likelihood of injuries due to falls, car crashes and violence. A day of heavy drinking can also increase blood pressure and the risk of stroke.
- 4 FALSE** It's not the type of beverage you drink that makes the difference. It's the alcohol in beer, wine or spirits that can reduce the risk of a heart attack. But alcohol, even in small amounts, is not for everyone. If you want to improve your health, you're better off eating a healthier diet, getting more exercise, and giving up smoking, rather than starting to drink or drinking more.

**The Low-Risk Drinking Guidelines do not apply to everyone. Some people should not drink or should drink less than the above guidelines for health, safety or legal reasons. For more information call 1 800 463-6273 or visit [www.lrdg.net](http://www.lrdg.net)**