



# Public Summary

## Drinking less is better

### We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change.

Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits.

Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle.

**That's why if you drink, it's better to drink less.**

#### Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



#### Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

#### Here is a good way to do it

Count how many drinks you have in a week.



Set a weekly drinking target. If you're going to drink, make sure you don't exceed 2 drinks on any day.

#### Good to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

#### It's time to pick a new target

What will your weekly drinking target be?



#### Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.



The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Guidance on Alcohol and Health. This document is a summary for the public of the new guidance. For more information, please visit [www\(ccsa.ca\)](http://ccsa.ca).

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