


Recommended guidelines for low-risk drinking

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Recommended Guidelines for Low-Risk Drinking

Note: These Guidelines are not intended to encourage people who choose to abstain for cultural, spiritual or other reasons to abstain, nor are they intended to encourage people to commence drinking to achieve health benefits. People of low bodyweight or who are not accustomed to alcohol are advised to consume below these maximum levels.

Guideline 1 Do not drink in these situations:	When operating any kind of vehicle, boat or machinery, using fire, alcohol or other flammable liquids, or when engaged in sports or other potentially dangerous physical activities, working machinery or equipment, if pregnant or planning to become pregnant, before breastfeeding, while responsible for the care or supervision of others, if after a fall, before physical fitness, mental fitness or alcohol impairment.		
Guideline 2 If you drink, include AbgV drinks (health risks) by limiting intake to these average levels:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Women 1-2 standard drinks per day, no more than 10 standard drinks per week. Women have lower non-drinking days per week to minimize tolerance and fluid retention. Do not increase drinking to the upper limit as health benefits are graded up to 1 or 2 per day. Do not exceed the upper limits specified in Guideline 1.</td> <td style="width: 50%;">Men 1-2 standard drinks per day, no more than 15 standard drinks per week. Men have lower non-drinking days per week to minimize tolerance and fluid retention. Do not increase drinking to the upper limit as health benefits are graded up to 1 or 2 per day. Do not exceed the upper limits specified in Guideline 1.</td> </tr> </table>	Women 1-2 standard drinks per day, no more than 10 standard drinks per week. Women have lower non-drinking days per week to minimize tolerance and fluid retention. Do not increase drinking to the upper limit as health benefits are graded up to 1 or 2 per day. Do not exceed the upper limits specified in Guideline 1.	Men 1-2 standard drinks per day, no more than 15 standard drinks per week. Men have lower non-drinking days per week to minimize tolerance and fluid retention. Do not increase drinking to the upper limit as health benefits are graded up to 1 or 2 per day. Do not exceed the upper limits specified in Guideline 1.
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Guideline 3 If you drink, reduce alcohol intake risk by choosing safe situations and moderating your alcohol intake:	<p>• Risk of injury, violence and other unintentional harm is higher in situations. For both health and safety reasons, it is preferred not to drink more than:</p> <ul style="list-style-type: none"> • Four standard drinks* in one day for a woman • Five standard drinks* in one day for a man <p>* Drinking in these upper limits should only happen occasionally and always be consistent with the weekly limits specified in Guideline 2. It is especially important in these situations to drink with meals and not on an empty stomach, to have no more than one standard drink at any three-hour period, to alternate with caffeine-free non-alcoholic drinks, and to avoid risky situations and activities, particularly with reduced judgement, whenever due to low bodyweight, being under the age of 25 or over 65 years old, and alcohol to reduce overall Guideline 2 upper limits.</p>		
Guideline 4 If you are pregnant or planning to be pregnant:	The safest option during pregnancy or when planning to become pregnant is to not drink alcohol at all. Alcohol in the mother's bloodstream can harm the developing fetus. While the risk from light consumption during pregnancy appears very low, there is no threshold of alcohol use in pregnancy that has been definitively proven to be safe.		
Guideline 5 If you are under 21 years of age:	Alcohol is not safe for young people and under 21s should not drink at all. Alcohol is not safe for young people and under 21s should not drink at all. Alcohol is not safe for young people and under 21s should not drink at all. Alcohol is not safe for young people and under 21s should not drink at all.		

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