

How does your drink measure up?

According to Canada's Low-Risk Drinking Guidelines, a standard drink is:



BEER OR COOLER: 12 OZ./341 ML (5% ALC/VOL)

WINE: 5 OZ./142 ML (12% ALC/VOL)

HARD LIQUOR: 1.5 OZ./43 ML (40% ALC/VOL)

Always drink responsibly.

Learn more at **KnowMyLimits.ca**

LIQUOR, GAMING & CANNABIS