



Be alcohol aware.

According to Canada's low-risk drinking guidelines, each of these servings is one drink.



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.)

Learn more at [KnowMyLimits.ca](https://www.knowmylimits.ca)

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