

# All Drinks Are

# NOT

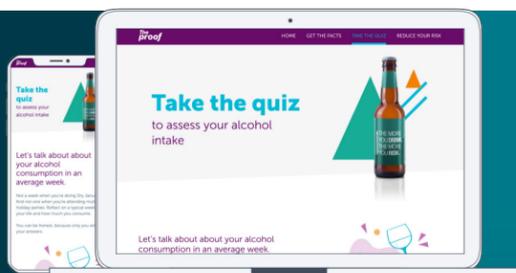
# Created Equal

The guidelines in Canada's Guidance on Alcohol and Health suggest that if you do consume alcoholic drinks, sticking to **1-2 standard drinks** per week is low risk for overall health. But not all standard drinks look the same.

Alcohol Type	Container	Volume	Standard Drink(s)
Light beer (5% alcohol)	Bottle/can	12 oz./341 ml	1
	Tallboy	16 oz./473 ml	1.4
	Pint	20 oz./568 ml	1.7
Dark beer (8% alcohol)	Bottle/can	12 oz./341 ml	1.6
	Tallboy	16 oz./473 ml	2.1
	Pint	20 oz./568 ml	2.7
Cooler/cider/hard seltzer (5% alcohol)	Bottle/can	12 oz./341 ml	1
	Tallboy	16 oz./473 ml	1.4
	Pint	20 oz./568 ml	1.7
Wine (12% alcohol)	Tasting	2 oz./57 ml	0.4
	Restaurant pour	5 oz./142 ml	1
	Large pour	7 oz./199 ml	1.4
Spirit (40% alcohol)	Small shot	1 oz./28 ml	0.7
	Single shot	1.5 oz./43 ml	1
	Double shot	3 oz./85 ml	2



**SCAN to take the quiz!**



Visit [the-proof.ca/take-the-quiz](https://the-proof.ca/take-the-quiz) to find out how many standard drinks you're consuming in an average week. It could be more than you think!