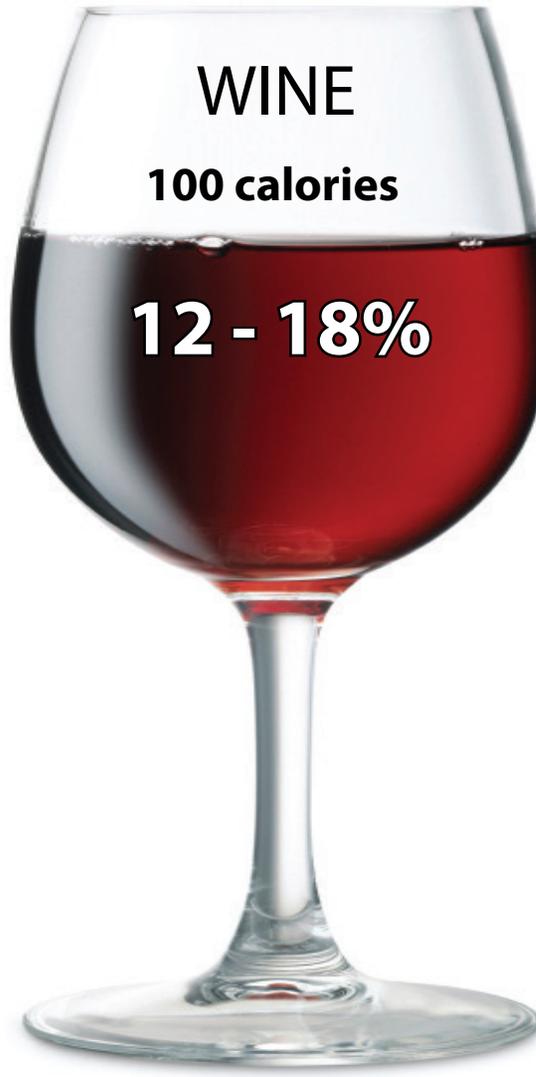


Appendix A: **Standard drink size illustration** (Actual size)



Beer (can)

12 oz
341 ml
5% alcohol



Wine

5 oz
142 ml
12% alcohol

Wine
5oz (12%)

Fortified wine
3oz (18%)

Fortified wine

3 oz
85 ml
18% alcohol

Maximum recommended limits:

Men	3 per day
	15 in a week
Women	2 per day
	10 in a week

SPIRITS

1.5oz

65 calories



Spirits

1.5 oz
43 ml
40% alcohol

Source: Canadian Centre on Substance Abuse. Developed on behalf of the National Alcohol Strategy Advisory Committee. Canada's low-risk alcohol drinking guidelines. 2012. A Management of Alcohol, Tobacco and Other Drug Problems: A Physician's Manual, Centre for Addiction and Mental Health, 2000, p. 72.* Average calories per type of drink. Note: All of these drinks contain 13.6 grams of alcohol.