

# WHAT COUNTS AS ONE DRINK?

NO MORE  
THAN...

1

REGULAR  
BEER

5%

(12 OZ)



OR

1

WINE

12%

(5 OZ)



OR

1

HARD  
LIQUOR

40%

(1.5 OZ)



3

A DAY  
FOR MEN

2

A DAY  
FOR WOMEN

MAXIMUM OF  
5 DAYS A WEEK \*



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LET'S BE AWARE  
QAUYIMAGIAQAQTUGUT  
AYONS LES IDÉES CLAIRES

For more information on Let's Be Aware,  
visit our web page at:

[www.ujjiqsuqta.ca](http://www.ujjiqsuqta.ca)  
[www.ResponsibleNunavut.ca](http://www.ResponsibleNunavut.ca)  
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\* Canada's Low-Risk Alcohol Drinking Guidelines.