

A HEALTHY LIFESTYLE + BEER

HOW MUCH ALCOHOL IS IN BEER?



CALORIES IN BEER

BEVERAGE

Regular beer (5% alcohol by vol.)

Light beer (4% alcohol by vol.)

Non-alcoholic beer (<0.5% alcohol by vol.)

AMOUNT OF CALORIES*

(per 341 mL)



SAFE DRINKING TIPS



Keep your age and weight in mind for your limits



Have Limits



For every beer, hydrate. You'll thank yourself in the morning



Take it easy! Aim for no more than 2 brews every 3 hours



Munch before pints



No health benefit from beer is worth increasing your intake

JUST A REMINDER ZERO ALCOHOL IS THE LIMIT WHEN:



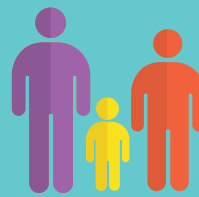
Pregnant



Driving



Using machinery & tools



Responsible for safety of others



Taking meds that interact with alcohol

*Based on the number of calories in a 341 mL (12 oz.) bottle of regular or light beer (Source: Health Canada. Canadian Nutrient File, 2015 version). These serving sizes are considered a drink according to Canada's Low-Risk Alcohol Drinking Guidelines. A drink means 341 mL (12 oz.) beer with 5% alcohol content.

Moderation means "no more than two drinks a day, 10 per week for women, and three drinks a day, 15 per week for men, with an extra drink allowed on special occasions" per Canada's Low-Risk Alcohol Drinking Guidelines. The Guidelines state low-risk drinking helps to promote a culture of moderation and supports healthy lifestyles. To learn more about the Guidelines visit: <https://www.ccsa.ca/canadas-low-risk-alcohol-drinking-guidelines-brochure>.