

## Resource Guide

[November 2025]

### Healthy Habits with your CMD: How Much Alcohol is Too Much?

Drinking too much alcohol on a single occasion or over time can take a toll on your health. In the short-term, alcohol can impair your judgment, sleep, and more. In the long-term, it can increase your risk of chronic conditions like cancer and mental health issues. Reduce your risk of alcohol-related harms by:

- Women should limit alcohol to no more than 2 standard drinks per day, 10 standard drinks per week, and 3 standard drinks on special occasions
- Men should limit alcohol to no more than 3 standard drinks per day, 15 standard drinks per week, and 4 standard drinks on special occasions



Learn more about [Canada's low-risk alcohol drinking guidelines](#).