



# What is Alcohol?



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



# Alcohol Explained



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
iA  
Financial Group



## What is Alcohol?

Alcohol is an ingredient found in beer, wine, and liquor. It is produced by **fermentation** of sugars and starches by yeast. Alcohol is classified as a **depressant** – it slows down our heart rate, breathing, thoughts, and actions.



## What happens when I drink alcohol?

Alcohol is absorbed into the bloodstream through the stomach and small intestine. Once it reaches the brain, it acts to slow down the nervous system and make us feel more relaxed.

At **lower** amounts, alcohol can make us feel more sociable or talkative. At **larger** amounts, it can affect our balance, vision, coordination, and decision-making abilities.



## How much alcohol should I consume?

Abstaining from alcohol leads to the greatest health benefits and helps reduce your cancer risk.

### To reduce cancer risks:

- For women: Limit alcohol consumption to no more than 1 drink per day.
- For men: Limit alcohol consumption to no more than 2 drinks per day.
- Do not smoke.

# Alcohol Explained



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
iA  
Financial Group



## How much is one drink?

A standard drink or "one drink" is a measure of how much pure alcohol you are drinking – it varies based on the concentration of alcohol in a beverage.

One drink is about:

- 142 mL (5 oz) of wine, 12% alcohol content
- 43 mL (1.5 oz) of spirits, 40% alcohol content
- 341 mL (12 oz) of beer or cider, 5% alcohol content

---

## What are non-alcoholic or alcohol-free beers?



There are alcohol-free beers that exist in the market. The main difference is in the amount of alcohol they contain – alcohol-free beers contain very little alcohol. These beverages are made by preventing fermentation or by removing the alcohol post-fermentation. **The taste is often substituted by adding sugar.**

Alcohol-free beers are a great way to reduce alcohol intake while still enjoying the taste of drinking a beer – but it should still be enjoyed in moderation.

---