

BAC (Blood Alcohol Content) after 1 hour of drinking

Female

Number of drinks

		Body weight in pounds					
		100	120	140	160	180	200
1		.03	.02	.02	.01	.01	.00
2		.07	.06	.05	.04	.03	.03
3		.12	.10	.08	.07	.06	.05
4		.16	.13	.11	.10	.08	.07
5		.21	.17	.14	.12	.11	.10
6		.25	.21	.18	.15	.13	.12
7		.30	.25	.21	.18	.16	.14
8		.34	.28	.24	.21	.18	.16
9		.39	.32	.27	.24	.21	.19
10		.43	.36	.31	.27	.23	.21

Male

Number of drinks

		Body weight in pounds					
		120	140	160	180	200	220
1		.02	.01	.01	.00	.00	.00
2		.05	.04	.03	.03	.02	.02
3		.08	.06	.05	.05	.04	.04
4		.11	.09	.08	.07	.06	.05
5		.14	.12	.10	.09	.08	.07
6		.17	.14	.12	.11	.10	.09
7		.20	.17	.15	.13	.12	.10
8		.23	.20	.17	.15	.13	.12
9		.27	.23	.19	.17	.15	.14
10		.30	.25	.22	.19	.17	.15

Stay in the Green Zone!

Subtract .015 for each hour after drinking



12 oz
SELTZER OR REGULAR BEER
5% ALCOHOL



8-9 oz
MALT LIQUOR OR CRAFT BEER
7% ALCOHOL



5 oz
TABLE WINE
12% ALCOHOL



1.5 oz
80-PROOF SHOT
40% ALCOHOL

The charts are for general information purposes only; they are NOT to be used as an accurate/exact measurement of a specific individual's BAC. "Male" and "Female" refer to sex assigned at birth. Sex is used here only to help determine how alcohol may affect your body based on physiology. This may differ from your gender/gender expression.