

### Blood Alcohol Content (BAC) Tables for Men

From: *How to Control Your Drinking* by William R. Miller and Richard F. Munoz, University of New Mexico 1982 pp. 8-11. Approximate BAC (mg%) reached during six different time periods.

The following tables allow you to estimate the Blood Alcohol Concentration (BAC) you would reach when drinking over a variety of time periods. Because BAC varies with body weight, number of drinks, the sex of the drinker, and the time over which drinks are consumed, each of these pieces of information is necessary for the calculation.

One drink is defined as having one-half ounce of pure ethyl alcohol; each of the following is considered "one drink."

- \*10 oz to 12 oz of beer at 4% to 5% alcohol, or
- \*8 oz to 12 oz of wine cooler at 4% to 6% alcohol, or
- \*4 oz to 5 oz of table wine at 9% to 12% alcohol, or
- \*2.5 oz of fortified wine at 20% alcohol, or
- \*1.25 oz of 80 proof distilled spirits at 40% alcohol, or
- \*1 oz of 100 proof distilled spirits at 50% alcohol.

**After 1 Hour of Drinking**

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
1	021	015	010	007	004	002	001	000
2	058	046	036	030	024	020	018	014
3	095	077	062	053	044	038	035	029
4	132	108	088	076	064	056	052	044
5	169	139	114	099	084	074	069	059
6	206	170	140	122	104	092	086	074
7	243	201	166	145	124	110	103	089
8	208	232	192	168	144	128	120	104
9	317	263	218	191	164	146	137	119
10	354	294	244	214	184	164	154	134
11	391	325	270	237	204	182	171	149
12	428	356	296	260	224	200	188	164

**After 2 Hours of Drinking**

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
1	005	000	000	000	000	000	000	000
2	042	030	020	014	008	004	002	000
3	079	061	046	037	028	022	019	013
4	116	092	072	060	048	040	036	028
5	153	123	098	083	068	058	053	043
6	190	154	114	106	088	076	070	058
7	227	185	150	129	108	094	087	073
8	264	216	176	152	128	112	104	088
9	301	247	202	175	148	130	121	103
10	338	278	228	198	168	148	138	118
11	375	309	254	221	188	166	155	133
12	412	340	280	244	208	184	172	148

**After 3 Hours of Drinking**

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	026	014	004	000	000	000	000	000
3	063	045	030	021	012	006	003	000
4	100	076	056	044	032	024	020	012
5	137	107	082	067	052	042	037	027
6	174	138	108	090	072	060	054	052
7	211	169	134	113	092	078	071	057
8	248	200	160	136	112	096	088	072
9	285	231	186	159	132	114	105	087
10	322	262	212	182	152	132	122	102
11	359	293	238	205	172	150	139	117
12	396	324	264	228	192	169	156	132
13	433	355	290	251	212	186	173	147
14	470	386	315	274	232	204	190	162

**After 4 Hours of Drinking**

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	010	000	000	000	000	000	000	000
3	047	029	014	005	000	000	000	000
4	084	060	040	028	016	008	004	000
5	121	091	066	051	036	026	021	011
6	158	122	092	074	056	044	038	026
7	195	153	118	097	076	062	055	041
8	232	184	144	120	096	080	072	056
9	269	215	170	143	116	098	089	071
10	306	246	196	166	136	116	106	086
11	343	277	222	189	156	134	123	101
12	380	308	248	212	176	152	140	116
13	417	339	274	235	196	170	157	131
14	454	370	300	258	216	188	174	146

**After 5 Hours of Drinking**

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	000	000	000	000	000	000	000	000
3	031	013	000	000	000	000	000	000
4	068	044	024	012	000	000	000	000
5	105	075	050	035	020	010	005	000
6	142	106	076	058	040	028	022	010
7	179	137	102	081	060	046	039	025
8	216	168	128	104	080	064	056	040
9	253	199	154	127	100	082	073	055
10	290	230	180	150	120	100	090	070
11	327	261	206	173	140	118	107	085
12	364	292	232	196	160	136	124	100
13	401	323	258	219	180	154	141	115
14	438	354	284	242	200	172	158	130
15		385	310	265	220	190	175	145
16		416	336	288	240	208	192	160

**After 6 Hours of Drinking**

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	000	000	000	000	000	000	000	000
3	015	000	000	000	000	000	000	000
4	052	028	008	000	000	000	000	000
5	089	059	034	019	004	000	000	000
6	126	090	060	042	024	012	006	000
7	163	121	086	065	044	030	023	009
8	200	152	112	088	064	048	040	024
9	237	183	138	111	084	066	057	039
10	274	214	164	134	104	084	074	054
11	311	245	190	157	124	102	091	069
12	348	276	216	180	144	120	108	084
13	385	307	242	203	164	138	125	099
14	422	338	268	226	184	156	142	114
15	459	369	294	249	204	174	159	129
16		400	272	222	224	192	176	144

### Blood Alcohol Content (BAC) Tables for Women

From: *How to Control Your Drinking* by William R. Miller and Richard F. Munoz, University of New Mexico 1982 pp. 8-11.  
 Approximate BAC (mg%) reached during six different time periods.

The following tables allow you to estimate the Blood Alcohol Concentration (BAC) you would reach when drinking over a variety of time periods. Because BAC varies with body weight, number of drinks, the sex of the drinker, and the time over which drinks are consumed, each of these pieces of information is necessary for the calculation.

One drink is defined as having one-half ounce of pure ethyl alcohol; each of the following is considered "one drink."

- \*10 oz to 12 oz of beer at 4% to 5% alcohol, or
- \*8 oz to 12 oz of wine cooler at 4% to 6% alcohol, or
- \*4 oz to 5 oz of table wine at 9% to 12% alcohol, or
- \*2.5 oz of fortified wine at 20% alcohol, or
- \*1.25 oz of 80 proof distilled spirits at 40% alcohol, or
- \*1 oz of 100 proof distilled spirits at 50% alcohol.

After 1 Hour of Drinking

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
1	029	021	016	012	009	006	004	002
2	074	058	048	040	034	028	024	020
3	119	095	080	068	059	050	044	038
4	164	132	112	096	084	072	064	056
5	209	169	144	124	109	094	084	074
6	253	206	176	152	134	116	104	092
7	299	243	208	180	159	138	124	110
8	344	280	240	208	184	160	144	128
9	389	317	272	236	209	182	164	145
10	434	354	304	264	234	204	184	164
11	479	391	336	292	259	226	204	182
12	524	428	368	320	284	248	224	200

After 2 Hours of Drinking

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
1	013	005	000	000	000	000	000	000
2	058	042	032	024	018	012	008	004
3	103	079	064	052	043	034	028	022
4	148	116	096	080	068	056	048	040
5	193	153	128	108	093	078	068	058
6	238	190	160	136	118	100	088	076
7	283	227	192	164	143	122	108	094
8	328	264	224	192	168	144	128	112
9	373	301	256	220	193	166	148	130
10	418	338	288	248	218	188	168	148
11	463	375	320	276	243	210	188	466
12	508	412	352	304	268	232	208	184

After 3 Hours of Drinking

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	042	026	016	008	002	000	000	000
3	087	063	048	036	027	018	012	006
4	132	100	080	064	052	040	032	024
5	177	137	112	092	077	062	052	042
6	222	174	144	120	102	084	072	060
7	267	211	176	148	127	106	092	078
8	312	248	208	176	152	128	112	096
9	357	285	240	204	177	150	132	114
10	402	322	272	232	202	172	152	132
11	447	359	304	260	227	194	172	152
12	492	396	336	288	252	216	192	168
13	537	433	368	318	277	238	212	186
14	582	470	400	344	302	260	232	204

After 4 Hours of Drinking

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	026	010	000	000	000	000	000	000
3	071	047	032	020	011	002	000	000
4	116	084	064	048	036	024	016	008
5	161	121	096	076	061	046	036	026
6	206	158	128	104	086	068	056	044
7	251	195	160	132	111	090	076	062
8	296	232	192	160	136	112	096	080
9	341	269	224	188	161	164	116	098
10	386	306	256	216	156	186	136	116
11	431	343	288	244	211	178	156	134
12	476	380	320	272	236	200	176	152
13	521	417	352	300	261	222	196	170
14	566	454	384	328	286	244	216	188

After 5 Hours of Drinking

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	010	000	000	000	000	000	000	000
3	055	031	016	004	000	000	000	000
4	100	068	048	032	020	008	000	000
5	145	105	080	060	045	030	020	010
6	190	142	112	088	070	052	040	028
7	235	179	144	116	095	074	060	046
8	280	216	176	144	120	096	080	064
9	325	253	208	172	145	118	100	082
10	370	290	240	200	170	140	120	100
11	415	327	272	228	195	162	140	118
12	460	364	304	256	220	184	160	136
13	505	401	336	284	245	206	180	154
14	550	438	368	312	270	228	200	172
15	595	475	400	340	295	250	220	190
16		512	432	368	320	272	240	208

After 6 Hours of Drinking

# of drinks	Body Weight							
	100	120	140	160	180	200	220	240
2	000	000	000	000	000	000	000	000
3	039	015	000	000	000	000	000	000
4	084	052	032	016	004	000	000	000
5	129	089	064	044	029	014	004	000
6	174	126	096	072	054	036	024	012
7	219	163	128	100	079	058	044	030
8	264	200	160	128	104	080	064	048
9	309	237	192	156	129	102	084	066
10	354	274	224	184	154	124	104	084
11	399	311	256	212	179	146	124	102
12	444	348	288	240	204	068	144	120
13	489	385	320	268	229	190	164	138
14	534	422	352	296	254	212	184	156
15		459	384	324	279	234	204	174
16		496	416	352	304	236	224	192