

How much you can drink before it is unsafe to drive?

Alcohol affects individuals differently. Your blood alcohol level will be influenced by your age, gender, physical condition, amount of food consumed and any drugs or medication. The altitude where you are drinking makes a difference, as does the strength of the beer.

These charts offer approximate blood alcohol percentages that would be expected for men and women of about these weights and for various amounts consumed.

Remember, in most states .08% is the number to remember.

One drink is -- considered 1.25 ounces of 80 proof spirits,

**One 12-ounce serving of "regular" (5% abv) beer or
5 ounces of table wine.**

Also, subtract .01% for each 40 minutes of drinking.

Men

Drinks	Body Weight in Pounds							
	100	120	140	160	180	200	220	240
1	.04	.03	.03	.02	.02	.02	.02	.02
2	.08	.06	.05	.05	.04	.04	.03	.03
3	.11	.09	.08	.07	.06	.06	.05	.05
4	.15	.12	.11	.09	.08	.08	.07	.06
5	.19	.16	.13	.12	.11	.09	.09	.08
6	.23	.19	.16	.14	.13	.11	.10	.09
7	.26	.22	.19	.16	.15	.13	.12	.11
8	.30	.25	.21	.19	.17	.15	.14	.13
9	.34	.28	.24	.21	.19	.17	.15	.14
10	.38	.31	.27	.23	.21	.19	.17	.16

Women

Drinks	Body Weight in Pounds								
	90	100	120	140	160	180	200	220	240
1	.05	.05	.04	.03	.03	.03	.02	.02	.02
2	.10	.09	.08	.07	.06	.05	.05	.04	.04
3	.15	.14	.11	.10	.09	.08	.07	.06	.06
4	.20	.18	.15	.13	.11	.10	.09	.08	.08
5	.25	.23	.19	.16	.14	.13	.11	.10	.09
6	.30	.27	.23	.19	.17	.15	.14	.12	.11
7	.35	.32	.27	.23	.20	.18	.16	.14	.13
8	.40	.36	.30	.26	.23	.20	.18	.17	.15
9	.45	.41	.34	.29	.26	.23	.20	.19	.17
10	.51	.45	.38	.32	.28	.25	.23	.21	.19