Standard Drink Calculator

Drink containers can vary in the amount of alcohol they contain. Below is a guide for the number of standard drinks per each of the common drink containers listed.



A mixed drink can equate to more than one standard drink, depending on the recipe and the particular pour. Below is a guide for the approximate number of standard drinks for each of the common mixed drinks listed.

Bourbon and Water	Cosmopolitan	Gin and Tonic		
= 1.3 standard drinks	= 1.3 standard drinks	= 1.6 standard drinks		
Long Island Iced Tea	Margarita	Martini – Extra Dry		
= 2.2 standard drinks	= 1.7 standard drinks	= 1.4 standard drinks		
Martini – Traditional	Mojito	Piña Colada		
= 1.2 standard drinks	= 1.3 standard drinks	= 2.0 standard drinks		
Screwdriver	Strawberry Daiquiri	Vodka and Tonic		
= 1.3 standard drinks	= 2.0 standard drinks	= 1.3 standard drinks		



Adapted from: National Institute on Alcohol Abuse and Alcoholism (NIAAA). (n.d.). *What Is A Standard Drink*? Retrieved from: rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/What-counts-as-a-drink/Whats-A-Standard-Drink.aspx

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Daily Drink Tracker

Directions: Use the following Daily Drink Tracker to record your daily drink consumption and compare the number of drinks you consume to your daily goal. Also record the type of drink, situation in which you were drinking, and contributing factors in order to see trends in your drinking over time. When setting your drinking goal, be sure to choose one that is SMART: Specific, Measurable, Attainable, Relevant, and Time-based.

My Goal: No more than _____drinks on any day.

Date	Type(s) of drink	Consumed (# of drinks)	Difference from goal (+/-)	Situation (who, what, where, when, why)	Result (positive/negative consequences)
example: 02/10/15	Beer	2	-1	Friend's birthday party at their house	Had a good time. Didn't have a hangover and didn't feel like my judgment was impaired.

Blood Alcohol Concentration

Blood Alcohol Concentration (BAC) is the amount of alcohol that you have in your body. The more you drink and the faster you drink, the higher your BAC will be.

WOMEN: BAC Estimation Chart									
Weight	100	120	140	160	180	200	220	240	
Drinks									-
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Drinking Limit
1	.05	.04	.03	.03	.03	.02	.02	.02	
2	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Impaired
3	.14	.11	.10	.09	.08	.07	.06	.06	
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32*	.27	.23	.20	.18	.16	.14	.13	Legally Intoxicated
8	.36*	.30*	.26	.23	.20	.18	.17	.15	
9	.41*	.34*	.29	.26	.23	.20	.19	.17	
10	.45*	.38*	.32*	.28	.25	.23	.21	.19	Possible Death*

[†]1 drink equals roughly 1 shot, 1 12-ounce beer, or 1 5-ounce glass of wine

MEN: BAC Estimation Chart									
Weight	100	120	140	160	180	200	220	240	
Drinks									
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Drinking Limit
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	Driving Skills Impaired
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 8	.26 .30*	.22 .25	.19 .21	.16 .19	.15 .17	.13 .15	.12 .14	.11 .13	Legally Intoxicated
9	.34*	.28	.24	.21	.19	.17	.15	.14	
10	.38*	.31*	.27*	.23	.21	.19	.17	.16	Possible Death*

[†]1 drink equals roughly 1 shot, 1 12-ounce beer, or 1 5-ounce glass ofwine