













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.



Table Wine (12% alc/vol)	Regular Beer (5% alc/vol)*	80-proof Spirits (40% alc/vol)	Malt Liquor (7% alc/vol)
5 fl oz = 1 750 mL (standard wine bottle) = 5	12 fl oz = 1 *Craft beers typically have more than 5% alcohol.	A shot (1.5 fl oz) = 1	8-9 fl oz = 1

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



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	Driving Skills Impaired
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.10	.09	.08	.07	.06	.06	
4	.18	.15	.13	.11	.10	.09	.08	.08	Legally Intoxicated
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	
8	.36*	.30*	.26	.23	.20	.18	.17	.15	Possible Death*
9	.41*	.34*	.29	.26	.23	.20	.19	.17	
10	.45*	.38*	.32*	.28	.25	.23	.21	.19	

*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	Driving Skills Impaired
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	Legally Intoxicated
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	Possible Death*
9	.34*	.28	.24	.21	.19	.17	.15	.14	
10	.38*	.31*	.27*	.23	.21	.19	.17	.16	

*1 drink equals roughly 1 shot, 1 12-ounce beer, or 1 5-ounce glass of wine