

Blood Alcohol Content (BAC) Estimation Charts

MEN

(after one hour of drinking)

Body Weight

Number of Drinks	100	120	140	160	180	200	220	240
1	.022	.015	.011	.007	.005	.003	.001	.000
2	.059	.046	.038	.031	.026	.022	.018	.015
3	.097	.078	.064	.054	.046	.040	.035	.031
4	.134	.109	.091	.078	.067	.059	.052	.046
5	.172	.140	.118	.101	.088	.078	.069	.062
6	.209	.172	.145	.125	.109	.097	.086	.078
7	.247	.203	.172	.148	.130	.115	.103	.093
8	.284	.234	.198	.172	.151	.134	.120	.109

Indicates a BAC of .08 or higher

Markham, M.R., Miller, W.R. & Arciniaga, L. (1993) BACCuS 2.01: Computer software for quantifying alcohol consumption. *Behavior Research Methods, Instruments, & Computers*, 25, 420-421

WOMEN

(after one hour of drinking)

Body Weight

Number of Drinks	100	120	140	160	180	200	220	240
1	.029	.022	.016	.012	.009	.006	.004	.003
2	.074	.059	.048	.040	.034	.029	.025	.022
3	.119	.097	.080	.068	.059	.052	.045	.040
4	.164	.134	.113	.096	.084	.074	.066	.059
5	.209	.172	.145	.125	.109	.097	.086	.078
6	.254	.209	.177	.153	.134	.119	.107	.097
7	.299	.247	.209	.181	.159	.142	.127	.115
8	.344	.284	.241	.209	.184	.164	.148	.134

Indicates a BAC of .08 or higher

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