

DRINK ESTIMATOR — MEN

Maximum number of drinks to stay at a safer drink level (BAC ≤ .05)

Body Weight	TIME SPENT DRINKING					
	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs
130	2.0	2.6	3.2	3.8	4.3	4.9
140	2.2	2.8	3.4	4.0	4.7	5.3
150	2.4	3.0	3.7	4.3	5.0	5.7
160	2.5	3.2	3.9	4.6	5.3	6.0
170	2.7	3.4	4.2	4.9	5.7	6.4
180	2.8	3.6	4.4	5.2	6.0	6.8
200	3.2	4.0	4.9	5.8	6.7	7.6
220	3.5	4.4	5.4	6.4	7.4	8.3
240	3.8	4.9	5.9	7.0	8.0	9.1

One DRINK equals:

12 oz 4 oz 1.5 oz

Example: Generally, a 160 lb. man who drinks for 4 hours & has 4.6 drinks will be at a safer drink level.

Note: BAC can also be affected by food in stomach and other drug use, etc.