

Safer* Drink Level Guidelines for WOMEN

Body Weight	Time Spent Drinking					
	1hr	2hrs	3hrs	4hrs	5hrs	
110	# of drinks	1.6	2.0	2.4	2.8	3.2
120		1.7	2.2	2.6	3.0	3.5
130		1.9	2.3	2.8	3.3	3.8
140		2.0	2.5	3.0	3.6	4.1
155		2.2	2.8	3.4	4.0	4.5
180		2.6	3.3	3.9	4.6	5.3
WOMEN	Example: A 120 lb. woman who has 3.0 drinks or less in 4 hours is "safer."					

TIPS

- **Determine in advance how many drinks you will have.**
- **Keep track of how much you drink.**
- **“Party” without alcohol.**
- **Pace drinks to one or less per hour.**

This chart is only a guide and not sufficiently accurate to be considered legal evidence. Individuals vary in their personal alcohol tolerance. This chart demonstrates the number of drinks included in maintaining a Blood Alcohol Concentration, BAC, of less than or equal to .05. At this level, the statistical risk of accident or injury is almost the same as a non-drinker's.

*** For some people (pregnant women, alcoholics, people who are ill or on medication), drinking is risky.**



1 drink = 12 oz. beer = 4-5 oz. wine = 1 oz. liquor

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