Blood Alcohol Concentration (BAC) Tables

To use these tables to estimate your blood alcohol concentration, first find the correct chart for your sex and weight. Then look down the Number of Drinks column and across the Number of Hours row to find your BAC. The tables cover ranges of drinks from one to twelve, consumed over one to eight hours. Weight ranges covered for females are 100 to 220 pounds, and for males 120 to 280 pounds.

A BAC of .055 percent is a sensible limit or maximum for moderate drinking. In these tables, the shaded areas indicate BACs that are over the moderate limit of .055 percent.

A Standard Drink, on which these tables are based, contains .6 ounces of pure alcohol, and equals:

One 12-oz beer, 5 percent alcohol

or

One 5-oz glass wine, 12 percent alcohol

or

One 1½ oz shot 80 proof liquor, 40 percent alcohol

The BAC percentages shown in these tables can help you *estimate* your blood alcohol level, based on the number of drinks you have over a given length of time. Though useful information, the figures provided are only estimates, because blood alcohol levels are influenced by several other factors that are difficult to account for in a chart. Your age, how much food you've eaten, your metabolism, physical condition, percentage of body fat, and a woman's phase in her hormonal cycle, can all affect your BAC.

As people get older, their percentage of body fat usually increases, which means the percentage of body weight in water available to dilute the alcohol decreases. On average, a fifty-five-year-old will reach BACs that are 20 percent *higher* than those shown on the charts.

In the interest of providing full information, these tables show all of the BACs that would be reached based on one to twelve drinks over one to eight hours. The moderate drinking limit is .055 percent. Most people become extremely intoxicated at .200 percent and become unconscious at .300 percent. BACs from .450 percent to .500 percent are usually fatal.

100-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.036	.020	.004	0	0	0	0	0
2	.088	.072	.056	.040	.024	.008	0	0
3	.140	.124	.108	.092	.076	.060	.044	.028
4	.192	.176	.160	.144	.128	.112	.096	.080
5	.244	.228	.212	.196	.180	.164	.148	.132
6	.295	.279	.263	.247	.231	.215	.199	.183
7	.347	.331	.315	.299	.283	.267	.251	.235
8	.399	.383	.367	.351	.335	.319	.303	.287
9	.451	.435	.419	.403	.387	.371	.355	.339
10	.503	.487	471	.455	.439	.423	.407	.391
11	.555	.539	.523	.507	.491	.475	.459	.443
12	.607	.591	.575	.559	.543	.527	.511	.495

110-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.031	.015	0	0	0	0	0	0
2	.078	.062	.046	.030	.014	0	0	0
3	.126	.110	.094	.078	.062	.046	.030	.014
4	.173	.157	.141	.125	.109	.093	.077	.061
5	.220	.204	.188	.172	.156	.140	.124	.108
6	.267	.251	.235	.219	.203	.187	.171	.155
7	.314	.298	.282	.266	.250	.234	.218	.202
8	.361	.345	.329	.313	.297	.281	.265	.249
9	.409	.393	.377	.361	.345	.329	.313	.297
10	.456	.440	.424	.408	.392	.376	.360	.344
11	.503	.487	.471	.455	.439	.423	.407	.391
12	.550	.534	.518	.502	.486	.470	.454	.438

120-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.027	.011	0	0	0	0	0	0
2	.071	.055	.039	.023	.007	0	0	0
3	.114	.098	.082	.066	.050	.034	.018	.002
4	.157	.141	.125	.109	.093	.077	.061	.045
5	.200	.184	.168	.152	.136	.120	.104	.088
6	.244	.228	.212	.196	.180	.164	.148	.132
7	.287	.271	.255	.239	.223	.207	.191	.175
8	.330	.314	.298	.282	.266	.250	.234	.218
9	.373	.357	.341	.325	.309	.293	.277	.261
10	.417	.401	.385	.369	.353	.337	.321	.305
11	.460	.444	.428	.412	.396	.380	.364	.348
12	.503	.487	.471	.455	.439	.423	.407	.391

130-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.024	.008	0	0	0	0	0	0
2	.064	.048	.032	.016	0	0	0	0
3	.104	.088	.072	.056	.040	.024	.008	0
4	.144	.128	.112	.096	.080	.064	.048	.032
5	.184	.168	.152	.136	.120	.104	.088	.072
6	.224	.208	.192	.176	.160	.144	.128	.112
7	.263	.247	.231	.215	.199	.183	.167	.151
8	.303	.287	.271	.255	.239	.223	.207	.191
9	.343	.327	.311	.295	.279	.263	.247	.231
10	.383	.367	.351	.335	.319	.303	.287	.271
11	.423	.407	.391	.375	.359	.343	.327	.311
12	.463	.447	.431	.415	.399	.383	.367	.351

140-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.021	.005	0	0	0	0	0	0
2	.058	.042	.026	.010	0	0	0	0
3	.095	.079	.063	.047	.031	.015	0	0
4	.132	.116	.100	.084	.068	.052	.036	.020
5	.169	.153	.137	.121	.105	.089	.073	.057
6	.206	.190	.174	.158	.142	.126	.110	.094
7	.244	.228	.212	.196	.180	.164	.148	.132
8	.281	.265	.249	.233	.217	.201	.185	.169
9	.318	.302	.286	.270	.254	.238	.222	.206
10	.355	.339	.323	.307	.291	.275	.259	.243
11	.392	.376	.360	.344	.328	.312	.296	.280
12	.429	.413	.397	.381	.365	.349	.333	.317

150-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.019	.003	0	0	0	0	0	0
2	.053	.037	.021	.005	0	0	0	0
3	.088	.072	.056	.040	.024	.008	0	0
4	.122	.106	.090	.074	.058	.042	.026	.010
5	.157	.141	.125	.109	.093	.077	.061	.045
6	.192	.176	.160	.144	.128	.112	.096	.080
7	.226	.210	.194	.178	.162	.146	.130	.114
8	.261	.245	.229	.213	.197	.181	.165	.149
9	.295	.279	.263	.247	.231	.215	.199	.183
10	.330	.314	.298	.282	.266	.250	.234	.218
11	.365	.349	.333	.317	.301	.285	.269	.253
12	.399	.383	.367	.351	.335	.319	.303	.287

160-pound Female

Number of Drinks	*Number of Hours* 1	2	3	4	5	6	7	8
1	.016	0	0	0	0	0	0	0
2	.049	.033	.017	.001	0	0	0	0
3	.081	.065	.049	.033	.017	.001	0	0
4	.114	.098	.082	.066	.050	.034	.018	.002
5	.146	.130	.114	.098	.082	.066	.050	.034
6	.179	.163	.147	.131	.115	.099	.083	.067
7	.211	.195	.179	.163	.147	.131	.115	.099
8	.244	.228	.212	.196	.180	.164	.148	.132
9	.276	.260	.244	.228	.212	.196	.180	.164
10	.308	.292	.276	.260	.244	.228	.212	.196
11	.341	.325	.309	.293	.277	.261	.245	.229
12	.373	.357	.341	.325	.309	.293	.277	.261

170-pound Female

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.015	0	0	0	0	0	0	0
2	.045	.029	.013	0	0	0	0	0
3	.076	.060	.044	.028	.012	0	0	0
4	.106	.090	.074	.058	.042	.026	.010	0
5	.137	.121	.105	.089	.073	.057	.041	.025
6	.167	.151	.135	.119	.103	.087	.071	.055
7	.198	.182	.166	.150	.134	.118	.102	.086
8	.228	.212	.196	.180	.164	.148	.132	.116
9	.259	.243	.227	.211	.195	.179	.163	.147
10	.289	.273	.257	.241	.225	.209	.193	.177
11	.320	.304	.288	.272	.256	.240	.224	.208
12	.350	.334	.318	.302	.286	.270	.254	.238

180-pound Female

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.013	0	0	0	0	0	0	0
2	.042	.026	.010	0	0	0	0	0
3	.071	.055	.039	.023	.007	0	0	0
4	.099	.083	.067	.051	.035	.019	.003	0
5	.128	.112	.096	.080	.064	.048	.032	.016
6	.157	.141	.125	.109	.093	.077	.061	.045
7	.186	.170	.154	.138	.122	.106	.090	.074
8	.215	.199	.183	.167	.151	.135	.119	.103
9	.244	.228	.212	.196	.180	.164	.148	.132
10	.272	.256	.240	.224	.208	.192	.176	.160
11	.301	.285	.269	.253	.237	.221	.205	.189
12	.330	.314	.298	.282	.266	.250	.234	.218

190-pound Female

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.011	0	0	0	0	0	0	0
2	.039	.023	.007	0	0	0	0	0
3	.066	.050	.034	.018	.002	0	0	0
4	.093	.077	.061	.045	.029	.013	0	0
5	.121	.105	.089	.073	.057	.041	.025	.009
6	.148	.132	.116	.100	.084	.068	.052	.036
7	.175	.159	.143	.127	.111	.095	.079	.063
8	.203	.187	.171	.155	.139	.123	.107	.091
9	.230	.214	.198	.182	.166	.150	.134	.118
10	.257	.241	.225	.209	.193	.177	.161	.145
11	.284	.268	.252	.236	.220	.204	.188	.172
12	.312	.296	.280	.264	.248	.232	.216	.200

200-pound Female

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.010	0	0	0	0	0	0	0
2	.036	.020	.004	0	0	0	0	0
3	.062	.046	.030	.014	0	0	0	0
4	.088	.072	.056	.040	.024	.008	0	0
5	.114	.098	.082	.066	.050	.034	.018	.002
6	.140	.124	.108	.092	.076	.060	.044	.028
7	.166	.150	.134	.118	.102	.086	.070	.054
8	.192	.176	.160	.144	.128	.112	.096	.080
9	.218	.202	.186	.170	.154	.138	.122	.106
10	.244	.228	.212	.196	.180	.164	.148	.132
11	.269	.253	.237	.221	.205	.189	.173	.157
12	.295	.279	.263	.247	.231	.215	.199	.183

210-pound Female

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.009	0	0	0	0	0	0	0
2	.033	.017	.001	0	0	0	0	0
3	.058	.042	.026	.010	0	0	0	0
4	.083	.067	.051	.035	.019	.003	0	0
5	.108	.092	.076	.060	.044	.028	.012	0
6	.132	.116	.100	.084	.068	.052	.036	.020
7	.157	.141	.125	.109	.093	.077	.061	.045
8	.182	.166	.150	.134	.118	.102	.086	.070
9	.206	.190	.174	.158	.142	.126	.110	.094
10	.231	.215	.199	.183	.167	.151	.135	.119
11	.256	.240	.224	.208	.192	.176	.160	.144
12	.281	.265	.249	.233	.217	.201	.185	.169

MALES

120-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.020	.004	0	0	0	0	0	0
2	.056	.040	.024	.008	0	0	0	0
3	.092	.076	.060	.044	.028	.012	0	0
4	.128	.112	.096	.080	.064	.048	.032	.016
5	.164	.148	.132	.116	.100	.084	.068	.052
6	.200	.184	.168	.152	.136	.120	.104	.088
7	.236	.220	.204	.188	.172	.156	.140	.124
8	.272	.256	.240	.224	.208	.192	.176	.160
9	.308	.292	.276	.260	.244	.228	.212	.196
10	.344	.328	.312	.296	.280	.264	.248	.232
11	.380	.364	.348	.332	.316	.300	.284	.268
12	.417	.401	.385	.369	.353	.337	.321	.305

130-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.017	.001	0	0	0	0	0	0
2	.051	.035	.019	.003	0	0	0	0
3	.084	.068	.052	.036	.020	.004	0	0
4	.117	.101	.085	.069	.053	.037	.021	.005
5	.150	.134	.118	.102	.086	.070	.054	.038
6	.184	.168	.152	.136	.120	.104	.088	.072
7	.217	.201	.185	.169	.153	.137	.121	.105
8	.250	.234	.218	.202	.186	.170	.154	.138
9	.283	.267	.251	.235	.219	.203	.187	.171
10	.317	.301	.285	.269	.253	.237	.221	.205
11	.350	.334	.318	.302	.286	.270	.254	.238
12	.383	.367	.351	.335	.319	.303	.287	.271

140-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.015	0	0	0	0	0	0	0
2	.046	.030	.014	0	0	0	0	0
3	.077	.061	.045	.029	.013	0	0	0
4	.108	.092	.076	.060	.044	.028	.012	0
5	.138	.122	.106	.090	.074	.058	.042	.026
6	.169	.153	.137	.121	.105	.089	.073	.057
7	.200	.184	.168	.152	.136	.120	.104	.088
8	.231	.215	.199	.183	.167	.151	.135	.119
9	.262	.246	.230	.214	.198	.182	.166	.150
10	.293	.277	.261	.245	.229	.213	.197	.181
11	.324	.308	.292	.276	.260	.244	.228	.212
12	.355	.339	.323	.307	.291	.275	.259	.243

150-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.013	0	0	0	0	0	0	0
2	.042	.026	.010	0	0	0	0	0
3	.071	.055	.039	.023	.007	0	0	0
4	.099	.083	.067	.051	.035	.019	.003	0
5	.128	.112	.096	.080	.064	.048	.032	.016
6	.157	.141	.125	.109	.093	.077	.061	.045
7	.186	.170	.154	.138	.122	.106	.090	.074
8	.215	.199	.183	.167	.151	.135	.119	.103
9	.244	.228	.212	.196	.180	.164	.148	.132
10	.272	.256	.240	.224	.208	.192	.176	.160
11	.301	.285	.269	.253	.237	.221	.205	.189
12	.330	.314	.298	.282	.266	.250	.234	.218

160-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.011	0	0	0	0	0	0	0
2	.038	.022	.006	0	0	0	0	0
3	.065	.049	.033	.017	.001	0	0	0
4	.092	.076	.060	.044	.028	.012	0	0
5	.119	.103	.087	.071	.055	.039	.023	.007
6	.146	.130	.114	.098	.082	.066	.050	.034
7	.173	.157	.141	.125	.109	.093	.077	.061
8	.200	.184	.168	.152	.136	.120	.104	.088
9	.227	.211	.195	.179	.163	.147	.131	.118
10	.254	.268	.222	.206	.190	.174	.158	.142
11	.281	.265	.249	.233	.217	.201	.185	.169
12	.308	.292	.276	.260	.244	.228	.212	.196

170-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.009	0	0	0	0	0	0	0
2	.035	.019	.003	0	0	0	0	0
3	.060	.044	.028	.012	0	0	0	0
4	.086	.070	.054	.038	.022	.006	0	0
5	.111	.095	.079	.063	.047	.031	.015	0
6	.137	.121	.105	.089	.073	.057	.041	.025
7	.162	.146	.130	.114	.098	.082	.066	.050
8	.188	.172	.156	.140	.124	.108	.092	.076
9	.213	.197	.181	.165	.149	.133	.117	.101
10	.238	.222	.206	.190	.174	.158	.142	.126
11	.264	.248	.232	.216	.200	.184	.168	.152
12	.289	.273	.257	.241	.225	.209	.193	.177

180-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.008	0	0	0	0	0	0	0
2	.032	.016	0	0	0	0	0	0
3	.056	.040	.024	.008	0	0	0	0
4	.080	.064	.048	.032	.016	0	0	0
5	.104	.088	.072	.056	.040	.024	.008	0
6	.128	.112	.096	.080	.064	.048	.032	.016
7	.152	.136	.120	.104	.088	.072	.056	.040
8	.176	.160	.144	.128	.112	.096	.080	.064
9	.200	.184	.168	.152	.136	.120	.104	.088
10	.224	.208	.192	.176	.160	.144	.128	.112
11	.248	.232	.216	.200	.184	.168	.152	.136
12	.272	.256	.240	.224	.208	.192	.176	.160

190-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.007	0	0	0	0	0	0	0
2	.030	.014	0	0	0	0	0	0
3	.052	.036	.020	.004	0	0	0	0
4	.075	.059	.043	.027	.011	0	0	0
5	.098	.082	.066	.050	.034	.018	.002	0
6	.121	.105	.089	.073	.057	.041	.025	.009
7	.143	.127	.111	.095	.079	.063	.047	.031
8	.166	.150	.134	.118	.102	.086	.070	.054
9	.189	.173	.157	.141	.125	.109	.093	.077
10	.212	.196	.180	.164	.148	.132	.116	.100
11	.234	.218	.202	.186	.170	.154	.128	.122
12	.257	.241	.225	.209	.193	.177	.161	.145

200-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.006	0	0	0	0	0	0	0
2	.027	.011	0	0	0	0	0	0
3	.049	.033	.017	.001	0	0	0	0
4	.071	.055	.039	.023	.007	0	0	0
5	.092	.076	.060	.044	.028	.012	0	0
6	.114	.098	.082	.066	.050	.034	.018	.002
7	.135	.119	.103	.087	.071	.055	.039	.023
8	.157	.141	.125	.109	.093	.077	.061	.045
9	.179	.163	.147	.131	.115	.099	.083	.067
10	.200	.184	.168	.152	.136	.120	.104	.088
11	.222	.206	.190	.174	.158	.142	.126	.110
12	.244	.228	.212	.196	.180	.164	.148	.132

210-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.005	0	0	0	0	0	0	0
2	.025	.009	0	0	0	0	0	0
3	.046	.030	.014	0	0	0	0	0
4	.066	.050	.034	.018	.002	0	0	0
5	.087	.071	.055	.039	.023	.007	0	0
6	.108	.092	.076	.060	.044	.028	.012	0
7	.128	.112	.096	.080	.064	.048	.032	.016
8	.149	.133	.117	.101	.085	.069	.053	.037
9	.169	.153	.137	.121	.105	.089	.073	.057
10	.190	.174	.158	.142	.126	.110	.094	.078
11	.211	.195	.179	.163	.147	.131	.115	.099
12	.231	.215	.199	.183	.167	.151	.135	.119

220-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.004	0	0	0	0	0	0	0
2	.023	.007	0	0	0	0	0	0
3	.043	.027	.011	0	0	0	0	0
4	.063	.047	.031	.015	0	0	0	0
5	.082	.066	.050	.034	.018	.002	0	0
6	.102	.086	.070	.054	.038	.022	.006	0
7	.122	.106	.090	.074	.058	.042	.026	.010
8	.141	.125	.109	.093	.077	.061	.045	.029
9	.161	.145	.129	.113	.097	.081	.065	.049
10	.181	.165	.149	.133	.117	.101	.085	.069
11	.200	.184	.168	.152	.136	.120	.104	.088
12	.220	.204	.188	.172	.156	.140	.124	.108

230-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.003	0	0	0	0	0	0	0
2	.022	.006	0	0	0	0	0	0
3	.040	.024	.008	0	0	0	0	0
4	.059	.043	.027	.011	0	0	0	0
5	.078	.062	.046	.030	.014	0	0	0
6	.097	.081	.065	.049	.033	.017	.001	0
7	.116	.100	.084	.068	.052	.036	.020	.004
8	.134	.118	.102	.086	.070	.054	.038	.022
9	.153	.137	.121	.105	.089	.073	.057	.041
10	.172	.156	.140	.124	.108	.092	.076	.060
11	.191	.175	.159	.143	.127	.111	.095	.079
12	.210	.194	.178	.162	.146	.130	.114	.098

240-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.002	0	0	0	0	0	0	0
2	.020	.004	0	0	0	0	0	0
3	.038	.022	.006	0	0	0	0	0
4	.056	.040	.024	.008	0	0	0	0
5	.074	.058	.042	.026	.010	0	0	0
6	.092	.076	.060	.044	.028	.012	0	0
7	.110	.094	.078	.062	.046	.030	.014	0
8	.128	.112	.096	.080	.064	.048	.032	.016
9	.146	.130	.114	.098	.082	.066	.050	.034
10	.164	.148	.132	.116	.100	.084	.068	.052
11	.182	.166	.150	.134	.118	.102	.086	.070
12	.200	.184	.168	.152	.136	.120	.104	.088

250-pound Male

Number of Drinks	Number of Hours 1	2	3	4	5	6	7	8
1	.001	0	0	0	0	0	0	0
2	.019	.003	0	0	0	0	0	0
3	.036	.020	.004	0	0	0	0	0
4	.053	.037	.021	.005	0	0	0	0
5	.071	.055	.039	.023	.007	0	0	0
6	.088	.072	.056	.040	.024	.008	0	0
7	.105	.089	.073	.057	.041	.025	.009	0
8	.122	.106	.090	.074	.058	.042	.026	.010
9	.140	.124	.108	.092	.076	.060	.044	.028
10	.157	.141	.125	.109	.093	.077	.061	.045
11	.174	.158	.142	.126	.110	.094	.078	.062
12	.192	.176	.160	.144	.128	.112	.096	.080