

## WHAT'S A STANDARD DRINK?



Note: some beers and coolers have more alcohol than one standard drink.

## WHAT'S MORE THAN A STANDARD DRINK?



## Legal Blood Alcohol Limit (BAC) is .08%

(Under 21: BAC=.02%) Women (lbs) | Men (lbs)

# of Drinks	120	140	160	180
	.04	.03	.02	.02
	.08	.07	.05	.04
	.11	.10	.07	.06
	.15	.13	.09	.08

Driving skills significantly impaired Legally Intoxicated

Blood Alcohol Level (%)  
[www.brad21.org/bac\\_charts.html](http://www.brad21.org/bac_charts.html)

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For more information go to: <http://rethinkingdrinking.niaaa.nih.gov>

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