WHAT'S A STANDARD DRINK?



12 OZ BOTTLE OF REGULAR BEER (5% ALCOHOL)

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5 OZ GLASS OF WINE (12% ALCOHOL)



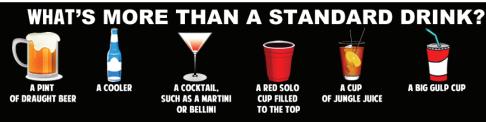
3 OZ GLASS OF FORTIFIED WINE, **SUCH AS SHERRY OR PORT** (18% ALCOHOL)



1.5 OZ LIQUOR SUCH AS RUM, RYE OR VODKA (40% ALCOHOL)



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



Legal Blood Alcohol Limit (BAC) is .08%

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

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

Driving skills significantly impaired 📕 Legally Intoxicated

nmunities 4 Action www.brad21.org/bac_charts.html

Blood Alcohol Level (%)

Low-risk drinking limits MEN WOMEN No more than No more than On any single DAY drinks on any day drinks on any day ** AND ** ** AND ** No more than No more than Per WEEK drinks per week drinks per week To stay low risk, keep within BOTH the single-day AND weekly limits.

Compliments of:

Communities 4 Action www.communities4action.org

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

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