

Definition of a standard drink

Source: National Institute on Alcohol Abuse & Alcoholism

12 oz. beer



10 oz. wine cooler
or microbrew



8 oz. malt liquor or ice beer



6 oz. ice malt liquor



4 oz. table wine



2 ½ oz. fortified wine
(port or sherry)



1 ¼ oz. 80 proof hard alcohol



1 oz. 100 proof hard alcohol



Factors affecting absorption:

- Choice of drink
- Rate of consumption
- Effervescence (bubble or froth)
- Amount of food in stomach

Factors of oxidation:

- Time: BAC is only reduced by .016% every hour

An Example of Blood Alcohol Content

Differences between males and females

160 pound man and a 120 pound woman

Each has a comparable amount of food in the stomach, choose to enjoy the same type of drink and consume their drinks at a similar rate. Both have five drinks over a 3 hour time frame



What blood alcohol content will each have?

160 pound man = .069 BAC
120 pound woman = .139 BAC

Simple tips for responsible and safe consumption of alcohol:

- Set limits for yourself and guests
- Space your drinks and include non-alcohol drinks
- Drink for quality not quantity
- Avoid drinking games
- Drink at a moderate rate
- Don't leave your drink unattended
- Don't accept a drink when you do not know what is in it