

## Blood Alcohol Level: Let's put it all on the table

Blood Alcohol Level (BAL) is the amount of alcohol present in your blood as you drink. It's calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood. But you don't need a Breathalyzer, a calculator, or a measurement conversion chart to figure out what BAL you had last night. Use the Table of Blood Alcohol Levels below. This is a generalized chart based on a person who is metabolizing (or breaking down) one drink an hour. For example, if you are a 120 lb. female drinking seven drinks in one hour, your BAL is a .30%.

### ***If You're a WOMAN, your Blood Alcohol level is:***

	Number of Drinks in 1 Hour							
	100	120	140	160	180	200	220	240 lbs
1	.05	.04	.04	.03	.03	.03	.02	.02
2	.10	.08	.07	.06	.06	.05	.05	.04
3	.15	.13	.11	.10	.08	.08	.07	.06
4	.20	.17	.15	.13	.11	.10	.09	.09
5	.25	.21	.18	.16	.14	.13	.12	.11
6	.30	.26	.22	.19	.17	.15	.14	.13
7	.36	.30	.26	.22	.20	.18	.16	.15
8	.41	.33	.29	.26	.23	.20	.19	.17
9	.46	.38	.33	.29	.26	.23	.21	.19

### ***If You're a MAN, your Blood Alcohol level is:***

	Number of Drinks in 1 Hour							
	100	120	140	160	180	200	220	240 lbs
1	.04	.04	.03	.03	.02	.02	.02	.02
2	.09	.07	.06	.05	.05	.04	.04	.043
3	.13	.11	.09	.08	.07	.07	.06	.05
4	.17	.15	.13	.11	.10	.09	.08	.07
5	.22	.18	.16	.14	.12	.11	.10	.09
6	.26	.22	.19	.16	.15	.13	.12	.11
7	.30	.25	.22	.19	.17	.15	.14	.13
8	.35	.29	.25	.22	.19	.17	.16	.14
9	.37	.32	.26	.24	.20	.19	.17	.15
10	.39	.35	.28	.25	.22	.20	.18	.16

**REMEMBER:** While this chart is a good general guideline, every individual reacts differently to alcohol. The chart doesn't take into account your individual body composition, your use of medication, your mood changes, or your personal metabolism rate. Therefore, your blood alcohol level may in fact be slightly higher or slightly lower than constant rate of .5 oz. per hour, regardless of how many ounces you consume. Therefore, the faster you drink, the higher your blood alcohol level will be.

### ***Did You Know....***

- ★ .08 - .10 blood alcohol level is considered legally drunk.
- ★ Most states practice zero-tolerance laws, meaning if you are under 21 any alcohol in your system is against the law.