



NMSU Wellness, Alcohol and
Violence Education

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**.00**

**Safest Drinking Limit**

**.01 - .05**

**Optimal Drinking Limit**

**.08**

**Legal Limit**

**.13+**

**Significant Impairment**  
*(euphoria reduced, "sloppy" drunk),*  
**Including possible**  
**blackout or Death**

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Drink/Weight Index Chart

# of drinks	Sex	Weight							
		100	120	140	160	180	200	220	240
1	Male	.04	.03	.03	.02	.02	.02	.02	.02
	Female	.05	.04	.03	.03	.03	.02	.02	.02
2	Male	.08	.06	.05	.05	.04	.04	.03	.03
	Female	.09	.08	.07	.06	.05	.05	.04	.04
3	Male	.11	.09	.08	.07	.06	.06	.05	.05
	Female	.14	.11	.10	.09	.08	.07	.06	.06
4	Male	.15	.12	.11	.09	.08	.08	.07	.06
	Female	.18	.15	.13	.11	.10	.09	.08	.08
5	Male	.19	.16	.13	.12	.11	.09	.09	.08
	Female	.23	.19	.16	.14	.13	.11	.10	.09
6	Male	.23	.19	.16	.14	.13	.11	.10	.09
	Female	.27	.23	.19	.17	.15	.14	.12	.11
7	Male	.26	.22	.19	.16	.15	.13	.12	.11
	Female	.32	.27	.23	.20	.18	.16	.14	.13
8	Male	.30	.25	.21	.19	.17	.15	.14	.13
	Female	.36	.30	.26	.23	.20	.18	.17	.15
9	Male	.34	.28	.24	.21	.19	.17	.15	.14
	Female	.41	.34	.29	.26	.23	.20	.19	.17
10	Male	.38	.31	.27	.23	.21	.19	.17	.16
	Female	.45	.38	.32	.28	.25	.23	.21	.19

Subtract .01% for each 40 minutes of drinking.