

# "Sweet Spot" drink finder for MEN

BODY WEIGHT	TIME SPENT DRINKING					
	1hr	2hrs	3hrs	4hrs	5hrs	
NUMBER OF DRINKS	130	2.2	2.8	3.3	3.9	4.5
	150	2.6	3.2	3.9	4.5	5.2
	160	2.7	3.4	4.1	4.8*	5.5
	170	2.9	3.6	4.4	5.1	5.9
	185	3.2	4.0	4.8	5.6	6.4
	210	3.6	4.5	5.4	6.4	7.3
	240	4.1	5.2	6.2	7.3	8.3



**1 DRINK =**

12 oz. beer  
4-5 oz. wine  
1 oz. liquor

\*EXAMPLE: A 160 LB. MAN WITH 4.8 DRINKS OR LESS IN 4 HRS. IS IN THE "SWEET SPOT."

# "Sweet Spot" drink finder for WOMEN

BODY WEIGHT	TIME SPENT DRINKING					
	1hr	2hrs	3hrs	4hrs	5hrs	
NUMBER OF DRINKS	110	1.6	2.0	2.4	2.8	3.2
	120	1.7	2.2	2.6	3.0*	3.5
	130	1.9	2.3	2.8	3.3	3.8
	140	2.0	2.5	3.0	3.6	4.1
	155	2.2	2.8	3.4	4.0	4.5
	180	2.6	3.3	3.9	4.6	5.3



**1 DRINK =**

12 oz. beer  
4-5 oz. wine  
1 oz. liquor

\*EXAMPLE: A 120 LB. WOMAN WITH 3.0 DRINKS OR LESS IN 4 HRS. IS IN THE "SWEET SPOT."

## “Sweet Spot” tips

- Set a limit on how many drinks you will have.
- Choose lower alcohol drinks such as beer.
- Pace drinks to one or less per hour.
- Keep track of how much you drink.



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1 oz. liquor

**Sweet Spot** ['swēt 'spät] – Drinking zone when the positive, social benefits of alcohol exceed the negative aspects most people would rather avoid (e.g. getting sick, bad decisions, hangovers, etc.).

This chart shows the number of drinks resulting in a Blood Alcohol Concentration (BAC) of .05 or lower. This is only a guide and not to be considered legal advice.

For some people, no amount of alcohol is safe.

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