# It's All in the Math... the Math Behind a Standard Drink

<table>
<thead>
<tr>
<th>12 fl oz of regular beer</th>
<th>8–9 fl oz of malt liquor (shown in a 12 oz glass)</th>
<th>5 fl oz of table wine</th>
<th>1.5 fl oz shot of 80-proof spirits (“hard liquor”—whiskey, gin, rum, vodka, tequila, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>about 5% alcohol</td>
<td>about 7% alcohol</td>
<td>about 12% alcohol</td>
<td>about 40% alcohol</td>
</tr>
</tbody>
</table>

## The Science
- When the alcohol content increases, the number of standard drinks also increases.
- **Example #1:**
  - 16 oz. malt liquor that contains 8% alcohol
  - 16 * .08 = 1.28
  - 1.28 / .6 = **2.13 drinks**
- If consumed in 1 hour, a **160 lb male** would have a BAC of approximately **.036**.
- A **130 lb female** would have a BAC of approximately **.058**.

Both males & females will feel relaxed and in a good mood. However women will have greater impairment of inhibitions, judgement, motor skills, and coordination...and a higher BAC.

## Example #2:
- Rum & coke with **40% alcohol (80 proof)**
  - 2 oz x .40 = .8
  - .8 / .6 = **1.3 drinks**
- Rum & coke with **75% alcohol (150 proof)**
  - 2 oz x .75 = 1.5
  - 1.5 / .6 = **2.5 drinks**

To keep within lower risk guidelines, the 40% alcohol drink would have to be nursed over 90 minutes, while the 75% alcohol drink would be slowly consumed over 2.5 hours.

### ??? Jungle Juice/Trash Can Punch???
Since there isn’t a recipe for Jungle Juice, there’s no way to know what a standard serving is. One night a cup-full could have 2 standard servings, another night it could have 5. Our recommendation is to avoid this mystery mix (plus, how clean could it be if it’s served in a trash barrel?!)