

Alcohol & Breastfeeding

EACH HAS 14 GRAMS OF ALCOHOL:

Regular Beer

12 FL OZ
ABOUT 5% ALCOHOL



Malt Liquor

8-9 FL OZ
ABOUT 7% ALCOHOL



Table Wine

5 FL OZ
ABOUT 12% ALCOHOL



80 – Proof Spirits

1.5 FL OZ SHOT
ABOUT 40% ALCOHOL
(Hard Liquor: Whiskey, Gin, Rum, Vodka, Tequila, etc.)

	1 Standard Drink	2 Standard Drinks	3 Standard Drinks	4 Standard Drinks	5 Standard Drinks	6 Standard Drinks
WEIGHT	HOURS IT TAKES FOR 14G OF ALCOHOL TO LEAVE YOUR BREASTMILK					
90 lbs	3 hrs	5.75 hrs	8.5 hrs	11.5 hrs	14.25 hrs	17 hrs
100 lbs	2.75 hrs	5.5 hrs	8.25 hrs	11 hrs	13.5 hrs	16.25 hrs
110 lbs	2.5 hrs	5.25 hrs	7.75 hrs	10.5 hrs	13 hrs	15.75 hrs
120 lbs	2.5 hrs	5 hrs	7.5 hrs	10 hrs	12.5 hrs	15 hrs
130 lbs	2.5 hrs	4.75 hrs	7.25 hrs	9.75 hrs	12 hrs	14.5 hrs
140 lbs	2.25 hrs	4.75 hrs	7 hrs	9.25 hrs	11.75 hrs	14 hrs
150 lbs	2.25 hrs	4.5 hrs	6.75 hrs	9 hrs	11.25 hrs	13.5 hrs
160 lbs	2.25 hrs	4.25 hrs	6.5 hrs	8.75 hrs	11 hrs	13 hrs
170 lbs	2 hrs	4.25 hrs	6.25 hrs	8.5 hrs	10.5 hrs	12.5 hrs
180 lbs	2 hrs	4 hrs	6 hrs	8 hrs	10 hrs	12.25 hrs
190 lbs	2 hrs	4 hrs	6 hrs	8 hrs	10 hrs	11.75 hrs
200 lbs	2 hrs	4 hrs	5.75 hrs	7.75 hrs	9.5 hrs	11.5 hrs
210 lbs	2 hrs	3.75 hrs	5.5 hrs	7.5 hrs	9.25 hrs	11 hrs
220 lbs	1.75 hrs	3.75 hrs	5.5 hrs	7.25 hrs	9 hrs	10.75 hrs
230 lbs	1.75 hrs	3.5 hrs	5.25 hrs	7 hrs	8.75 hrs	10.5 hrs
240 lbs	1.75 hrs	3.5 hrs	5.25 hrs	6.75 hrs	8.5 hrs	10 hrs
250 lbs	1.75 hrs	3.25 hrs	5 hrs	6.5 hrs	8.25 hrs	9.75 hrs
260 lbs	1.5 hrs	3.25 hrs	5 hrs	6.5 hrs	8 hrs	9.5 hrs
270 lbs	1.5 hrs	3 hrs	4.75 hrs	6.25 hrs	7.75 hrs	9.25 hrs
280 lbs	1.5 hrs	3 hrs	4.75 hrs	6 hrs	7.5 hrs	9 hrs
290 lbs	1.5 hrs	3 hrs	4.5 hrs	6 hrs	7.25 hrs	8.75 hrs
300 lbs	1.5 hrs	3 hrs	4.25 hrs	5.75 hrs	7.25 hrs	8.5 hrs
310 lbs	1.5 hrs	2.75 hrs	4.25 hrs	5.5 hrs	7 hrs	8.25 hrs
320 lbs	1.25 hrs	2.75 hrs	4 hrs	5.25 hrs	6.75 hrs	8 hrs
330 lbs	1.25 hrs	2.75 hrs	4 hrs	5.25 hrs	6.75 hrs	8 hrs
340 lbs	1.25 hrs	2.5 hrs	4 hrs	5 hrs	6.5 hrs	7.75 hrs
350 lbs	1.25 hrs	2.5 hrs	3.75 hrs	5 hrs	6.5 hrs	7.5 hrs

Everyone's bodies work differently. This chart should not to be seen as an exact recommendation. Always use your best judgement to determine when it is safe to return to breastfeeding.