

Alcohol Chart

Volumes, Carbohydrates and Calories

<u>Beverage</u>	<u>Serving Size</u>	<u>Carbohydrate (grams)</u>	<u>Calories</u>
<i>Beer</i>			
Regular beer	12 oz	13	150
Light beer	12 oz	5	100
Non-alcoholic beer	12 oz	12	60
<i>Wine</i>			
Dry White, Red, Rose	4 oz	trace	80
Sweet wine	4 oz	5	105
Wine cooler	12 oz	30	215
<i>Sparkling Wines</i>			
Champagne	4 oz	4	100
Sweet kosher wine	4 oz	12	132
<i>Appetizer/Dessert Wines</i>			
Sherry	2 oz	2	74
Sweet Sherry, Port	2 oz	7	90
Cordials, Liqueurs	1 ½ oz	18	160
<i>Distilled Spirits</i>			
80-proof Gin, Rum, Vodka, Whiskey, Scotch	1 ½ oz	trace	100
Dry Brandy, Cognac	1 oz	trace	75

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<i>Cocktails</i>			
Bloody Mary	5 oz	5	116
Daiquiri	5 oz	10	281
Gin and Tonic	7 ½ oz	16	170
Manhattan	2 oz	2	178
Margarita	6 oz	29	205
Martini	2 ½ oz	trace	156
Pina Colada	4 ½ oz	32	245
Tom Collins	7 ½ oz	3	120
Whiskey Sour	3 ½ oz	14	162
<i>Shooters</i>			
Amaretto Sour	1 ½ oz	19	118
Fuzzy Navel	1 ½ oz	7	120
Kamikazi	1 ½ oz	2	150
Mud Slide	1 ½ oz	17	160
Turbo	1 ½ oz	3	110

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Mixers			
Non-caloric mixers (mineral water, sugar-free tonic, club soda, diet soda)	any	0	0
Tonic water	4 oz	11	41
Tomato juice, Bloody Mary mix	4 oz	5	25
Juice (orange, grapefruit, pineapple)	4 oz	15	60