Alcohol and Nutrition

Alcohol can have a lot of sugar and calories. In fact, your body treats alcohol very similarly to eating fat. It can be enjoyed in moderation (small amounts), which is around **1-2 drinks** for most people.

Calorie Counts in Common Alcoholic Drinks

Alcoholic Drinks	Serving Size ounces (oz)	Calorie Count
Beer or Ale	12	140-160
Light Beer	12	100
Bloody Mary	5	116
Bourbon and Soda	4	105
Brandy or Cognac	1	65-80
Champagne	4	90
Coffee-Flavored Crème Liqueur	1.5	154
Cordials and Liqueurs (34 to 72 proof)	1	102-125
Daquiri	4	222
Gin, Vodka, Rum, Whiskey (80 to 100 proof)	1.5	95-124
Gin and Tonic	7.5	171
Hennessy	1.5	102
Manhattan	2	128

Alcoholic Drinks	Serving Size ounces (oz)	Calorie Count
Frozen Margarita	8	500
Margarita on the Rocks	8	274
Martini	2.5	156
Piña Colada	4.5	346
Sake	1.5	58
Screwdriver	7	174
Sherry	3	125
Tequila Sunrise	5.5	89
Tom Collins	7.5	121
Dry Vermouth	1	32
Sweet Vermouth	1	45
White Wine	4	79
Red Wine	4	85
Dessert Wine	4	181
Wine Cooler	12	220

While many drinks can be very high in calories, there are ways to consume less without fully giving up alcohol. **Here are some tips for drinking less calories:**

- **Read the labels!** Prepackaged drinks and some drink menus have nutritional information listed.

- **Focus on lower calorie mixers.** Instead of using sugary soda or regular tonic water, try club soda or seltzer water with a splash of juice.

- **Try "skinny" drinks.** Often you can order a drink to be made with less sweetener. For example, you could order a "skinny" margarita which has less sugar syrup.

- **Reach for light beer instead of regular beer.** Many beer brands often sell a light version.

- **Drink water between alcoholic drinks.** You'll end up drinking less alcohol and feel better the next morning.

- **When drinking at home, make your own drinks** instead of using high-calorie, premade mixers.

- **Remember to practice moderation!** It's okay to have an alcoholic drink that is high in calories every so often.

Talk to your CHN nutritionist if you have more questions!