

RE-THINK YOUR DRINK

Calories from beverages can add up fast! Use this guide to help “*re-think your drink.*”

Remember that nutrition values vary by brand, serving size, and for mixed drinks. Cocktails made from mixers generally have higher carbohydrate and calorie values than in this chart. Alcoholic beverages usually contain between 100-400 calories per drink.

Enjoy beverages in moderation.



ALCOHOLIC DRINK	COUNT IT	ALCOHOLIC DRINK	COUNT IT
Beer, Light	12 ounces = 103 calories 6 g carb	Beer, Regular	12 ounces = 153 calories 13 g carb
Bloody Mary	10 ounces = 125 calories 7g carb (w/ice)	Champagne	4 ounces = 78 calories 1g carb
Eggnog	4 ounces = 201 calories 13 g carb	Irish Coffee	5 ounces = 210 calories 8g carb
Kahlua and Cream	3 ounces = 230 calories 10g carb	Light Margarita	3-1/2 oz = 153 calories 7 g carb
Martini	2-1/4 ounces = 135 calories 0g carb	Mojito	7 ounces = 298 calories 8g carb
Scotch	3 ounces = 221 calories 0 g carb	Sherry, sweet (Dessert Wine)	2 ounces = 91 calories 8 g carb
Strawberry Daiquiri	8 ounces = 200 calories 36 g carb	Dry wine, red or white	5 ounces = 125 calories 4g carb

SIP SMART: Try these simple tips when you drink alcohol:

- Eat a snack or meal before you start drinking; never consume on an empty stomach.
- Keep portion size in mind- Supersized drinks can contain 800 calories or more.
- Amounts to consume vary by gender:

Women- Up to **ONE** drink per day, five days per week

Men- Up to **TWO** drinks per day, five days per week

- Be cautious of sugary mixers and drinks made with heavy cream. Mix spirits with diet soda or diet tonic water.
- Sweet liqueurs contain more sugar and calories. 1oz of crème de menthe contains about 125 calories
- Try to make each alcoholic drink last for one hour or longer.
- Alternate alcoholic beverage with sugar-free or calorie free beverage to keep consumption less
- Plan for a designated driver before starting to consume alcohol.

What counts as a serving size? 12 oz beer, 5 oz wine, 1-1/2 oz distilled spirits

For more information on nutrition and healthy eating, please contact Winona Health Nutrition Services at 507-457-4521

