

## ADD IT UP

Watching your weight? Alcoholic beverages are high in calories and add to body weight. Alcohol has no nutritional values and can even interfere with the body's ability to derive nutrition from other foods you eat.

### ALCOHOL CALORIE CALCULATOR\*

(A Standard Drink equals a 10-12 oz. beer, 5 oz. wine or 1 cooler and 1 oz. shot or mixed drink)

Alcoholic Beverage	Serving Amount	Calories
<b>Beer</b>		
-Regular	12 oz.	149
-Light	12 oz.	110
<b>Distilled</b>		
-Gin, rum, vodka, whiskey, Tequila, etc.	1.5 oz.	97
80 proof (40% alcohol)	1.5 oz.	110
90 proof (45% alcohol)	1.5 oz.	124
100 proof (50% alcohol)		
<b>Wine</b>		
-Red	4 oz.	80
-Dry White	4 oz.	75
-Sweet	4 oz.	105
-Champagne	4 oz.	84
<b>Mixed Drinks</b>		
-Strawberry Daiquiri	6 oz.	222
-Screwdriver	6 oz.	178
-White Russian	6 oz.	225
-Bloody Mary	6 oz.	120
-Rum and Coke	6 oz.	170

\*American Education Systems

For more information, got to [www.uwgb.edu/atod](http://www.uwgb.edu/atod)