

Alcohol

Alcohol is a part of many social occasions including family parties and nights out with friends. Whether you are trying to lose weight or build muscle, drinking alcohol too frequently can get in the way of your goal. However, this does not mean you have to give up the occasional drink or night out with friends. Below is some information that you can use to make the best decisions for drinking while keeping your nutrition goal in mind.

What is a standard drink?

Most people are surprised to learn what counts as a standard drink. The amount of liquid in your glass doesn't always match up to the alcohol content of your drink. Different types of beer, wine, and hard liquor can have different percentages of alcohol content. In the U.S., a standard drink contains roughly 0.6 fluid ounces or 14 grams of pure alcohol. One standard drink includes 12 ounces of beer with 5% alcohol content, 5 ounces of wine with 12% alcohol content, and 1.5 ounces or a shot of 80-proof distilled spirits of liquor with 40% alcohol content.

What has more calories: beer, distilled spirits, or wine?

The calories per each standard drink serving are as follows:

- 1.5 ounce drink of distilled spirits (40 percent alcohol) is 98 calories, 0 g CHO, 0 g Pro, and 0 g Fat.
- 12 ounce drink of regular beer (5 percent alcohol) is about 150 calories, 13 g CHO, 2 g Pro, 0 g Fat.
- 5 ounce drink of wine (12 percent alcohol) is about 120 calories, 4 g CHO, 0 g Pro, 0 g Fat.

But, remember the calorie count can range depending on what is added to the drinks.

What are the current nutrition recommendations for alcohol?

The Dietary Guidelines for Americans recommends limiting intake of alcohol to up to 1 drink per day for women and up to 2 drinks per day for men. The Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.

The Dietary Guidelines also warn about the side effects of excessive drinking which includes binge drinking, heavy drinking, and any drinking by pregnant women or people under the age of 21. Binge drinking is defined as drinking more than 4 drinks during a single occasion for women and more than 5 drinks during a single occasion for men. Heavy drinking is defined as consuming 8 or more drinks per week for women and 15 or more drinks per week for men.

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including hypertension, heart disease, stroke, liver disease, digestive problems, cancer, learning and memory problems, mental health problems, social problems, and alcoholism.

What is the nutrition information for common drinks?

This table includes the nutrition information for some common drinks, but this list is not all inclusive. If you do not find your drink of choice on this list, you can check out My Fitness Pal or Calorie King for additional nutrition information.

Drink Name	Calories	Carbohydrates	Protein	Fat
Bud Light	110	6.6g	0.9g	0g
Coors Light	102	5g	0.7g	0g
Amstel Light	95	5g	1g	0g
Budweiser	145	10.6g	1.3g	0g
Sam Adams	175	18g	2g	0g
Heineken	148	11.3g	1.5g	0g
Michelob Ultra	95	2.6g	0.6g	0g
Dos Equis	146	11.6g	0.4g	0g
Corona Extra	148	14g	0g	0g
Corona Light	99	5g	0g	0g
Guinness	126	10g	1g	0g
Yuengling Ale	126	10g	1.4g	0g
Blue Moon Belgian White Ale	164	13g	2g	0g
Goose Island IPA Beer	206	21.5g	0g	0g
Angry Orchard	221	30.9	0g	0g
Margarita on the rocks (3.3 fl. oz.)	153	7g	0.2g	0g
Chardonnay	120	4g	0g	0g
Pinot Grigio	120	4g	0g	0g
Cabernet	120	4g	0g	0g
Merlot	120	4g	0g	0g
White Zinfandel	105	9g	0g	0g
Champagne	100	0g	0g	0g
Mimosa	140	11g	0g	0g
Bloody Mary (10 oz.)	125	7g	0g	0g
Frozen Margarita (12 oz.)	300	25g	0g	0g
Strawberry Margarita (8 oz.)	200	24g	0g	0g
Dry Martini	130	0g	0g	0g
Dirty Martini	240	3g	0g	0g
Cosmopolitan	210	13g	0g	0g

Espresso Martini	155	15g	0g	0g
French Marini	190	14g	0g	0g
Mojito	220	25g	0g	0g
Pina Colada	290	50g	0g	0g
Strawberry Daiquiri	280	44g	0g	0g
Sex on the beach	325	30g	0g	0g
Long Island	140	10g	0g	0g
Malibu Bay Breeze	240	47g	0g	0g
Gin and Tonic	170	16g	0g	0g
Rum and Coke	155	15g	0g	0g
Rum and Diet Coke	98	0g	0g	0g
Vodka Soda	98	0g	0g	0g
Vodka Tonic	170	19g	0g	0g
Cranberry Vodka	170	18g	0g	0g
Screwdriver	180	19g	0g	0g
Madras	180	21g	0g	0g
Fuzzy Navel	255	38g	0g	0g
Whiskey and Coke	145	17g	0g	0g
Whiskey Sour	125	5g	0g	0g
Old Fashioned	155	4g	0g	0g
Manhattan	130	2g	0g	0g
Blue Hawaiian	280	50g	0g	0g
Bahama Mama	280	48g	0g	0g
Tequila Sunrise	190	15g	0g	0g
Seabreeze	180	20g	0g	0g
White Russian	260	17g	0g	1g
Black Russian	245	16g	0g	0g
Amaretto Sour	170	30g	0g	0g