



Alcoholic Beverages- Caloric Content



1 Jigger = 1 1/2 ounces = 0 grams of Carbohydrate:

(Tequila, Scotch, Rye, Gin, Brandy, Bourbon, Cognac, Canadian Whisky)

*80 Proof- is 100 Calories with 14 grams of Alcohol

*90 Proof- is 112 Calories with 16 grams of Alcohol

*100 Proof- is 124 Calories with 18 grams of Alcohol

Serving Sizes for 1 Glass:

*2/3 ounce = Cordial Glass, 1 ounce = Brandy Glass, 2 ounces = Sherry Glass,

3 ounces = Cocktail Glass, 4 ounces = 1 Burgundy Glass,

5 ounces = 1 Champagne Glass, 8 to 12 ounces = 1 Tumbler,

12 ounces = 1 Mixing Glass, 1 1/2 ounces = 1 Jigger

Wines:

*3 1/2 ounces - Sweet Imported- 11-18 grams of Alcohol- 120-175 Calories

-*Sweet Domestic*-8-14 grams of Alcohol- 145-165 Calories

-*Dry Imported*- 8-14 grams of Alcohol- 65-115 Calories

-*Dry Domestic*- 10-11 grams of Alcohol- 75-95 Calories

*2/3 ounce- Liqueurs/Cordials- 4-7 grams of Alcohol- 50-80 Calories

*4 ounces- Champagne- 12 grams of Alcohol- 95-100 Calories

-*Eggnog with Rum (1 1/2 ounces Rum)*- 20 grams of Alcohol- 330-340 Calories

*12 ounces- Ale, Beer- 13 grams of Alcohol- 145-155 Calories

-*Light Beer*- 10 grams of Alcohol- 90 Calories

What can I do?

*See your Physician- ask about the amount you are allowed per day

*See RD for help as needed

*See FFF RD on line for help



© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

