

# CHEERS?

## Counting calories in booze

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A typical 6 oz. glass of wine or 12 oz. beer has as many calories as a can of Coke (140). Some beers have twice that much. But you'd never know it from many labels and non-chain-restaurant menus. (Chain restaurants must disclose calories.)

Alcohol is responsible for 88,000 deaths each year in this country, mostly from car crashes, suicides, violence, falls, and liver disease. But booze can also leave its mark on your midsection.



### Beer

A beer's calories depend mostly on alcohol and, to a lesser extent, on carbs.

■ **Light.** Very-low-alcohol beers (2% to 3% alcohol) like Miller 64 start at around 60 calories in 12 oz. Most lights (4% alcohol) have about 100 calories.

■ **Regular.** An average 5% alcohol brew like Budweiser hovers around 150 calories.

■ **IPAs.** Heavy hitters (6% to 9% alcohol) like IPAs, double IPAs, and Belgian-style Trippels pack 200 to 300 calories. Gulp! A lower-alcohol "session" IPA cuts that to 140 or so.

■ **Draft pours.** Do the math. Even an average beer hits 200 or 250 calories when you're served a 16 or 20 oz. glass.

For a longer list, including carbs, see [nutritionaction.com/alcohol](http://nutritionaction.com/alcohol).

### Mixed Drinks

The examples in our chart are typical for chain restaurants. But drinks vary from one bartender to another. The usual ranges:

■ **Martini or Manhattan.** Classic cocktails with little added sugar (Manhattan) or no added sugar (martini) typically fall in the 150-to-200-calorie range.

■ **Moscow mule or mojito.** Expect about 200 to 300 calories.

■ **Margarita.** A classic margarita—tequila, lime, triple sec—in a small glass limits the calories to 200. But sugary (often frozen) margs jump to 350...and oversized ones reach 500.

■ **Blended frozen drinks.** Large frozen mudslides or other boozy ice cream shakes hit 500 to 800-plus calories. That's like slurping up a (540-calorie) Big Mac...or more. May-day!



### Wine

Our chart shows the calories (150) for 6 ounces, the amount in a restaurant pour. A 9 oz. glass reaches 220 calories.

Even many higher-sugar whites (like Moscato or Riesling) are in the same ballpark.

Count on 200 to 300 calories in a glass of sangria, thanks to fruit, juice, sugar, etc.

To see how wines from some big brands vary, go to [nutritionaction.com/alcohol](http://nutritionaction.com/alcohol).



### Liquor

Rule of thumb: any gin, rum, tequila, vodka, or whiskey has

100 to 120 calories per 1.5 oz. shot, before you add any mixers. That's because all of liquor's calories come from its alcohol (40% to 50%).

Exceptions: "Cask strength" or "barrel proof" liquor can reach 150-or-so calories. *Liqueurs* (like Baileys or Cointreau) vary, depending on their alcohol, sugar, or other extras.

### Seltzer, Cider, etc.

Most **hard seltzers** match the calories of a light beer (100-ish). And sugar ranges from zero (Bon & Viv, Henry's, Smirnoff) to half a teaspoon (Nauti, Truly, White Claw) in 12 oz. Sure beats other sweet sips:

■ **Hard cider.** Expect up to 200 calories and 3 to 5 teaspoons of sugar—some from juice—in 12 oz. Dry ciders are lower (150 calories).

■ **Ritas.** This brand of canned sparkling margaritas—made with high fructose corn syrup and, in some flavors, food dyes and sucralose—crams 190 to 220 calories into just 8 oz. How many of the 21 to 29 grams of carbs are added sugar? The company won't say.





# The Bar Tab

The percent alcohol by volume, when available, is in parentheses. Within each category, products are ranked from least to most calories, then (if shown) teaspoons of total sugars. We didn't list sugars for beers, seltzers, and liquor because most have little or none.

## Beer (12 oz.)

	Calories
Budweiser Select 55 (2.4%)	55
Miller 64 (2.8%)	64
Coors Light (4.2%)	100
Corona Light (4%)	100
Dogfish Head Slightly Mighty Lo-Cal IPA (4%)	100
Michelob Ultra or Miller Lite (4.2%)	100
Bud Light (4.2%)	110
Pabst Blue Ribbon Easy (3.8%)	110
Guinness Draught Stout (4.2%)	130
Allagash Saison (6.1%)	140
Bud Light Platinum (6%)	140
Dogfish Head SeaQuench Ale Session Sour (4.9%)	140
Founders All Day IPA Session Ale (4.7%)	140
Miller High Life (4.6%)	140
New Belgium Dayblazer Easygoing Ale (4.8%)	140
New Belgium Slow Ride Session IPA (4.5%)	140
Pabst Blue Ribbon Original (4.8%)	140
Allagash White (5.2%)	150
Budweiser (5%)	150
Corona Extra (4.6%)	150
New Belgium Fat Tire Amber Ale (5.2%)	160
Blue Moon Belgian White (5.4%)	170
Samuel Adams Boston Lager (5%)	180
Sierra Nevada Pale Ale (5.6%)	180
Bell's Two Hearted Ale (7%)	210
Sierra Nevada Hazy Little Thing IPA (6.7%)	210
New Belgium Trippel (8.5%)	240
Sierra Nevada Torpedo Extra IPA (7.2%)	240
Victory Golden Monkey (9.5%)	260
Dogfish Head 90 Minute IPA (9%)	290
Sierra Nevada Hoptimum Triple IPA (9.6%)	310

## Hard Seltzer (12 oz., unless noted)

Bon & Viv (4.5%)	90
Henry's (4.2%)	90
Smirnoff (4.5%)	90
Nauti (4.5%)	100
Truly (5%) or White Claw (5%)	100
Natural Light (6%)	130
Pabst Blue Ribbon Stronger Seltzer (8%), 16 oz.	230

## Liquor (1.5 oz.)

Gin, rum, tequila, vodka, or whiskey, any brand (40%)	100
Bombay Sapphire Gin (47%)	110
Bulleit Bourbon or Rye (45%)	110
Gin, rum, tequila, vodka, or whiskey, any brand (50%)	120
Booker's Bourbon (62.5%)	150

## Liqueur (1.5 oz.)

Baileys Almande Almondmilk Liqueur (13%)	70	1.5
DeKuyper Peachtree Peach Schnapps (15%)	80	2.5
Kahlúa (20%)	130	4.5
Baileys Original Irish Cream (17%)	140	2
Cointreau (40%)	140	2.5

## Wine (6 oz.)

Barefoot Riesling (8%) or Moscato (9%) <sup>1</sup>	130	2.5
Red wine, most varietals (13-14%)	150	0.5
White wine, most varietals (12-13%)	150	0.5

## Hard Cider (12 oz.)

Stella Artois Spritzer (3.5%)	120	NA
Angry Orchard Stone Dry (5.5%)	150	1.5
Stella Artois Cidre (4.5%)	180	4
Angry Orchard Crisp Apple (5%)	190	5

## Flavored Malt Beverages (10-12 oz., unless noted)

Redd's Apple Ale (5%)	170	3
Henry's Hard Soda (4.2%) <sup>1</sup>	200	6.5
Ritas Straw-Ber-Rita (8%), 8 oz.	200	NA
Ritas Rosé Spritz White Peach (6%)	210	NA
Ritas Lime-A-Rita (8%), 8 oz.	220	NA
Redd's Wicked Apple Ale (8%)	230	5
Pabst Blue Ribbon Hard Coffee (5%)	250	7.5

## Mixers (6.5 oz.)

Club soda, any brand	0	0
Fever-Tree Refreshingly Light Ginger Beer	40	2
Canada Dry Tonic Water	70	4.5
Fever-Tree Ginger Beer	90	4

## Restaurant Mixed Drinks (1 drink)

Red Lobster Martini	160	0
Red Lobster Manhattan	160	1
Olive Garden Old Fashioned	170	2.5
The Cheesecake Factory Red Sangria	170	5
California Pizza Kitchen Moscow Mule	190	5
The Cheesecake Factory Cosmopolitan	210	3.5
Yard House House Margarita	220	5.5
Yard House Classic Mojito	230	7.5
California Pizza Kitchen Orchard Sangria	280	8
Chili's Premium Long Island Iced Tea	290	6.5
Olive Garden Piña Colada	330	11
Chili's Mango Patrón Margarita	360	12.5
Red Lobster Strawberry Lobsterita	500	16.5
Olive Garden Chocolate Almond Amore	540	29.5
Red Robin Baileys Irish Cream Shake	590	15
Applebee's Shark Bowl	660	28.5
Red Robin Blue Moon Beer Shake	840	18.5

<sup>1</sup> Average of the entire line or the varieties listed.

NA Number not available.

**Note:** Most calories have been rounded to the nearest 10. Total sugars are rounded to the nearest ½ teaspoon. To convert teaspoons of sugars to grams, multiply by 4.2.

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