

DRINK RESPONSIBLY!

CALORIE COUNT
ALCOHOLIC BEVERAGES

BEVERAGE	SERVING SIZE	CALORIES (kcal)
Beer (higher alcohol, craft beers)	355 ml	170 to 350
Whiskey (94 proof)	45 ml	116
Bloody Mary	136 ml	120
Margarita	120 ml	168
Rum and Coke	235 ml	185
Rum and Diet Coke	235 ml	100
Vodka and Tonic	207 ml	189
Long Island Iced Tea	245ml	276
White Table Wine	145 ml	128
Red Table Wine	145 ml	125

Disclaimer: We Do Not Support the Consumption of Alcoholic Beverages.
Women - 1 Serving Per Day | Men - 2 Servings Per Day

