



### **Alcoholic Drinks List - Drink Smart**

Here's a guide to the calories in some alcoholic drinks. These are approximate values and the true value will vary between brands. Higher alcohol versions of the same drink or double measures will obviously have more calories.

Alcohol can be included in a balanced nutrition plan, but sometimes when we drink we *may* eat extra food which causes us to eat more calories.

Plan ahead, be smart, stick to what you planned so that you don't waste a weeks efforts of eating well and exercising. Remember, it's your choice.

<b>Drink</b>	<b>Calorie Estimate</b>
Cider	210 kcal per pint
Red Wine	210 kcal per glass
Cosmopolitan Cocktail	210 kcal per glass
Beer	260 kcal per pint
Mojito Cocktail	210 Kcal per glass
Gin & Tonic	210 kcal per glass
Beer	150 kcal per bottle
White Wine	220 kcal per glass
Whisky (neat)	104 kcal per measure
Tequila	104 kcal per measure
Champagne	100 kcal per glass
Processo	80 kcal per glass