

Calorie Charts

Alcoholic and Other Beverages

Alcoholic Beverages

Beverage	Variety	Serving Size	Calories
Beer	regular	12 fluid ounces	145
Beer	light	12 fluid ounces	100
Bloody Mary	-	8 fluid ounces	185
Liqueurs	54 proof	1 fluid ounce	105
Daiquiri	-	6 fluid ounces	335
Gin, rum, vodka, whiskey	80 proof	1 fluid ounce	65
Sherry	dry	4 fluid ounces	80
Wine	dry red, white or blush	4 fluid ounces	85
Wine	sweet dessert	4 fluid ounces	180
Wine	wine cooler	12 fluid ounces	215

Other Beverages

Beverage	Variety	Serving Size	Calories
Café latte	with fat-free milk	8 fluid ounces	80
Cappuccino	with fat-free milk	8 fluid ounces	50
Club soda	-	8 fluid ounces	0
Coffee	brewed	6 fluid ounces	5
Hot cocoa mix	with water	8 fluid ounces	120
Tonic water	-	8 fluid ounces	85
Soda	diet	12 fluid ounces	0
Soda	regular	12 fluid ounces	145
Tea	brewed	6 fluid ounces	5
Tea	sweetened, iced	8 fluid ounces	90
Water	-	8 fluid ounces	0