



Protein and Calorie Content of Alcohol

Are you wondering how much protein and how many calories you are getting when you have those drinks? Take a look below:

Beer - 12 oz	150 calories	1.1g protein
Bloody Mary - 5 oz	115 calories	0.7g protein
Daiquiri (rum, lime juice and sugar) - 2oz	112 calories	0.1g protein
Distilled spirits, all types, 80 proof (1.5 oz)	97 calories	0g protein
Gin & tonic (tonic water, gin, & lime jc) - 7.5 oz	171 calories	0g protein
Liqueur - coffee (1.5 oz)	175 calories	0.1g protein
- coffee with cream (1.5oz)	154 calories	1.3g protein
- crème de menthe (1.5oz)	186 calories	0g protein
Non-alcoholic beer	32 calories	1.1g protein
Manhattan (whisky and vermouth -2oz)	128 calories	0.1g protein
Martini (gin and vermouth - 2.5oz)	156 calories	0g protein
Pina Colada - 4.5oz	262 calories	0.6g protein
Wine - 3.5 oz	74 calories	0.2g protein
Wine Cooler - 4 oz	72 calories	0.1g protein

***For reference 1 fluid oz = 30ml = 2 tbsp. 1 pint = 475mg

Drinks like Vex, Smirnoff, Ciders, Mike's Hard Lemonade etc., all have about the same calories as 1-12oz can of beer.

And don't forget about your mixers - 1 ½ cups of a regular soft drink has about 150 calories in it. 1 litre of regular pop has about 400calories in it. Try diet pop or soda water as lower calorie options for mixers.

Some things to remember:

1. Alcohol stimulates the appetite. People find they are surprised at the amount of food (and therefore extra calories and protein) they consume when they are having a few drinks. You usually end up having higher calorie foods like pizza or fries or other high calorie foods along with your beverages.
2. Alcohol provides extra (non-nutritious) calories, leading to weight gain. For example, 2 beer a day provides an extra 300calories, which will cause a weight gain of approximately 1 pound per week.
3. Don't Drink and Drive

