



# Paying the Tab

## Counting calories in alcohol

BY LINDSAY MOYER & MARLENA KOCH

**H**ow many calories are in that drink?

Labels for most alcoholic beverages aren't required to list calories...or even ingredients. (We're working on that. See p. 2.)

So we compiled these numbers from websites, companies, and some labels. Percent alcohol by volume (ABV) is listed when available. Total sugars are also listed, except for beer, seltzer, and liquor, which typically contain little or none.

Sadly, alcohol is responsible for 140,000 U.S. deaths a year due to car crashes, homicides, heart disease, breast cancer, and more. And don't expect moderate drinking to protect your heart (see Sept. 2021, p. 3).

Want a healthier, non-alcoholic drink? Turn the page.

For calories and sugar in more alcoholic and non-alcoholic drinks, go to [cspinet.org/alcohol](https://www.cspinet.org/alcohol).

We've listed calories for a 12 oz. can or bottle. For a draft pour (16 to 20 oz.), do the math.

Beer's calories come mostly from its alcohol and its carbs. Bud Light Next sheds calories by trimming alcohol and dropping the carbs to zero.

IPA flavors with light-beer-like calories? Yup. (Dogfish gets help from monk fruit extract.)

Light? A Platinum has almost as many calories as a regular Budweiser. (Any beer can call itself "light" if it labels its calories.)

Most regular beers start at around 5 percent alcohol and have around 12 grams of carbs.

Higher-alcohol beers—like regular IPAs, imperial IPAs, and Belgian-style Trippels—hit 7 to 9 percent alcohol and 200 to 250 calories.

Most hard seltzers have half a teaspoon of sugar, max, and no more calories than light beer.

High-alcohol hard seltzers can have twice the calories of regulars.

A shot of a typical liquor has 100 to 120 calories—all from alcohol.

"Barrel strength" and "overproof" liquors are more than 50 percent alcohol.

### Beer (12 oz., unless noted)

	ABV (%)	Calories
Budweiser Select 55	2.4	55
Miller 64	2.8	64
Bud Light Next	4	80
Coors Pure Organic Light	3.8	90
Corona Premier	4	90
Blue Moon LightSky Citrus Wheat	4	100
Coors Light, Michelob Ultra, or Miller Lite	4.2	100
Corona Light	4	100
Dogfish Head Slightly Mighty Lo-Cal IPA	4	100
Lagunitas DayTime IPA	4	100
Bell's Light Hearted Ale Lo-Cal IPA	3.7	110
Bud Light	4.2	110
Michelob Light	4.1	120
Guinness Draught Stout	4.2	130
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
Bud Light Lemonade	4.2	150
Budweiser or Coors Banquet	5	150
Corona Extra	4.6	150
Stella Artois (11 oz.)	5	150
New Belgium Fat Tire Amber Ale	5.2	160
Blue Moon Belgian White	5.4	170
Lagunitas Hazy Wonder IPA	6	170
Bell's Porter	5.6	180
Samuel Adams Boston Lager	5	180
Sierra Nevada Pale Ale	5.6	180
Bell's Two Hearted Ale American IPA	7	210
Sierra Nevada Hazy Little Thing IPA	6.7	210
Founders Porter	6.5	230
New Belgium Trippel Belgian Style Ale	8.5	240
Sierra Nevada Torpedo Extra IPA	7.2	240
Sierra Nevada Big Little Thing Imperial IPA	9	250

### Hard Seltzer (12 oz.)

	ABV (%)	Calories
Spindrift Spiked, Lemon or Lime	4	80
Bon Viv	4.5	90
Bud Light, Truly, Vizzy, or White Claw	5	100
Truly Margarita Style	5.3	110
White Claw Surge	8	160
Bud Light Platinum	8	170
Truly Extra	8	220

### Liquor (1 shot—1.5 oz.)

	ABV (%)	Calories
Gin, rum, tequila, vodka, whiskey, etc.	40	100
Gin, rum, tequila, vodka, whiskey, etc.	50	120
Booker's Bourbon	62.5	150



### Liqueur (1.5 oz.)

	ABV (%)	Calories	Total Sugars (tsp.)
Baileys Deliciously Light	16.1	80	1
Kahlúa	20	120	4
Baileys Original Irish Cream	17	140	2
Cointreau	40	140	2.5

### Wine (5 oz.)

	ABV (%)	Calories	Total Sugars (tsp.)
Barefoot Bright & Breezy	6	70	0.5
Cupcake Light Hearted	8	80	0
Yellow Tail Pure Bright Pinot Grigio	8.5	80	0.5
Red or white wine, most varietals	12 <sup>1</sup>	120	0.5

### Hard Cider (12 oz.)

	ABV (%)	Calories	Total Sugars (tsp.)
Austin Eastciders Brut Super Dry	4.2	100	0.5
Austin Eastciders Original Dry	5	140	2
Stella Artois Cidre	4.5	180	4
Angry Orchard Crisp Apple	5	190	5

### Hard Kombucha (12 oz.)

	ABV (%)	Calories	Total Sugars (tsp.)
Flying Embers Wild Berry	4.5	90	0
Flying Embers Ginger	7	130	0
June Shine Blood Orange Mint	6	150	0.5
Strainge Beast Watermelon	7	180	1.5

### Canned Cocktails (1 can, 12 oz. unless noted)

	ABV (%)	Calories	Total Sugars (tsp.)
Absolut or Cutwater Vodka Soda	5	100	0
Cutwater Lime Ranch Water	5.9	120	0.5
Tip Top Manhattan (3.4 oz.)	31	190	0.5
Bacardi Mojito	5.9	200	4.5
Tip Top Negroni (3.4 oz.)	26	210	4
June Shine Tequila Margarita	10	220	1.5
Cutwater Gin & Tonic	6.2	230	6.5
June Shine Vodka Mule	10	240	2.5
Cutwater Long Island Iced Tea	13.2	350	5

### Mixers (1 can or bottle)

	ABV (%)	Calories	Total Sugars (tsp.)
Q Light Tonic Water (7.5 oz.)		20	1
Fever-Tree Refreshingly Light Tonic Water (6.8 oz.)		30	1.5
Fever-Tree Refreshingly Light Ginger Beer (6.8 oz.)		40	2
Canada Dry Tonic Water (10 oz.)		110	7

### Chain Restaurant Cocktails (1 drink)

	Calories	Total Sugars (tsp.)
Yard House dirty martini	140	0
Fleming's Manhattan	190	1.5
Chili's classic margarita, on the rocks	190	5
Olive Garden berry sangria	210	6.5
California Pizza Kitchen Aperol spritz	220	8.5
Yard House mojito	230	7.5
The Cheesecake Factory espresso martini	250	5
Chili's classic margarita, frozen	320	10

<sup>1</sup>Most wines range from 12% to 14% ABV. **Note:** Most drinks are rounded to the nearest 10 calories. Total sugars are rounded to the nearest ½ teaspoon (1 teaspoon has 4.2 grams of sugar). Sources: company information and USDA. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.

A liqueur's calories depend on its percent alcohol and additions (sugar, cream, etc.).

Lighter wines slash alcohol to cut calories.

5 oz. of 12% ABV wine is considered a "single" drink. Most restaurants pour 6 oz. (150-calorie) or 9 oz. (220-calorie) glasses.

The more "dry" (less sweet) the cider, the lower the calories.

Hard kombucha has a health halo, but most have as many calories as beer. Exception: Flying Embers replaces sugar with monk fruit.

Like a vodka soda, a "ranch water" (tequila, seltzer, lime) is lower in sugar and calories.

Check the percent alcohol (ABV). Some cocktails hit double digits, pushing the calories per can past 300.

Look for mixer brands that cut sugar with erythritol (like Q) or simply add less sugar (like Fever-Tree). Club soda is always calorie-free.

Thanks to the national menu labeling law, chain restaurants must list cocktails' calories on the menu. These examples are typical.

Classic cocktails with just a little sugar (a Manhattan or old fashioned) or none (a martini) typically range from 150 to 200 calories.

Most classic mojitos, Moscow mules, and "on the rocks" margaritas hover around 200 to 300 calories.

Sugary frozen margaritas hit 300-plus calories.

Photos (clockwise from top left): Kurganskiy/stock.adobe.com; Sierra Nevada Brewing Co.; chones/stock.adobe.com; Gary Peikin; Steve Cukrov; Steve Cukrov; Vladimir Zhupanenko.



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