

ALCOHOL FACTS & CALORIE GUIDE

FUN FACTS

- 1 The effects of alcohol on the body occur when ethanol enters our bloodstream and passes through the membranes of cells in your brain, heart, and other organs. Muscles absorb alcohol faster than fat.
- 2 Therefore, people with larger muscle mass and lower body fat have higher alcohol tolerance. Alcohol is processed in the liver, where enzymes help break down ethanol into acetaldehyde and acetate.
- 3 Binge drinking can lead to hangovers, which are caused by chemical byproducts created during alcohol processing.
- 4 Red wine contains resveratrol, a substance which helps control cholesterol, prevent blood vessel damage, and stop blood clots. Therefore moderate red wine drinking is considered to have a healthy effect on the heart.
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CALORIE GUIDE

Wine & Beer

WHITE WINE

5 oz.
120
kcal

RED WINE

5 oz.
125
kcal

CHAMPAGNE

5 oz.
106
kcal

BEER

16 oz.
215
kcal

CIDER

16 oz.
210
kcal

Shots

VODKA

1.5 oz.
96 kcal

RUM

1.5 oz.
96 kcal

TEQUILA

1.5 oz.
104 kcal

JÄGERMEISTER

1.5 oz.
155 kcal

Cocktails

MIMOSA

2.5 oz orange juice
= 35 kcal
2.5 oz. champagne
= 53 kcal

Total = 88 kcal

OLD FASHIONED

1.5 oz whiskey
= 105 kcal
Dash bitters
= 4 kcal
Cube sugar
= 9 kcal

Total = 88 kcal

VODKA TONIC

1.5 oz vodka
= 96 kcal
4 oz tonic
= 40 kcal

Total = 136 kcal

RUM & COKE

1.5 oz rum
= 69 kcal
4 oz. coke
= 46 kcal

Total = 142

GIN & TONIC

1.5 oz gin
= 110 kcal
4 oz tonic
= 40 kcal

Total = 150

GIN MARTINI

2 oz gin
= 146 kcal
5 oz. Vermouth
= 15 kcal

Total = 161

DARK & STORMY

2 oz rum
= 128 kcal
3.5 oz ginger beer
= 44 kcal

Total = 172

OZ TO ML CONVERSIONS

5 oz. = 147 ml	2.5 oz = 74 ml
16 oz = 473 ml	3.5 oz = 103 ml
1.5 oz. = 44 ml	4 oz = 118 ml

<https://www.healthline.com/health/facts-about-alcohol>
<https://www.drinkaware.co.uk/understand-your-drinking/unit-calculator>