

How Many Calories Are There in Your Favorite Beverages?



BEER (12 oz)



WINE (4 oz)



SPECIALTY DRINKS

Anchor Porter	209	Leinenkugel Northwoods Lager	163	Red Hook ESB	179
Anchor Steam	153	Leinenkugel Original	152	Red Hook IPA	188
Anheuser Busch Natural Light	95	Leinenkugel Creamy Dark	170	Rolling Rock Extra Pale	142
Anheuser Busch Natural Ice	157	Leinenkugel Red	166	Rolling Rock Premium Beer	120
Aspen Edge	94	Leinenkugel Light	105	Sam Adams Boston Lager	160
Blatz Beer	153	Leinenkugel Amber Light	110	Sam Adams Boston Ale	160
Blue Moon	171	Lowenbrau Dark	160	Sam Adams Cherry Wheat	166
Bud Dry	130	Lowenbrau Special Beer	160	Sam Adams Cream Stout	195
Bud Ice	148	Magnum Malt Liquor	157	Sam Adams IPA	175
Bud Ice Light	110	Michelob Amber Boch	166	Sam Adams Light	124
Bud Light	110	Michelob Beer	155	Sam Adams Pale Ale	145
Budweiser	145	Michelob Golden Draft	152	Schaefer Beer	142
Busch Beer	133	Michelob Golden Draft Light	110	Schlitz Beer	146
Busch Ice	169	Michelob Honey Lager	175	Schlitz Light	110
Busch Light	110	Michelob Light	113	Schlitz Malt Liquor	185
Carling Black Label	138	Michelob Ultra	95	Sierra Nevada Pale Ale	200
Colt 45 Malt Liquor	174	Mickey's Fine Malt Liquor	157	Sierra Nevada Porter	200
Coors Banquet Beer	142	Miller Genuine Draft	143	Sierra Nevada Stout	210
Coors Light	102	Miller Genuine Draft Light	110	Signature Stroh Beer	153
Genesee Beer	148	Miller High Life	143	Stroh's Beer	149
Genesee Cream Ale	162	Miller High Life Light	110	Stroh's Light	113
Genesee Ice	156	Miller Lite	96	Tuborg Deluxe Dark Export	163
Genesee Red	148	Milwaukee's Best	128	Tuborg Export Quality	156
George Killian's Irish Red	163	Milwaukee's Best Light	98	Weinhard's Private Reserve	150
Icehouse	132	Milwaukee's Best Ice	144	Weinhard's Amber Light	135
Icehouse	149	O'Doul's	70	Weinhard's Hefeweizen	151
Hamm's Beer	144	Old Milwaukee Light	114	Weinhard's Blonde Lager	161
Hamm's Golden Draft	144	Old Milwaukee Beer	146	Weinhard's Pale Ale	147
Hamm's Special Light	110	Olde English 800 Malt Liquor	160	Yuengling Ale	145
Keystone Premium	108	Olympia Premium Lager	146	Yuengling Porter	150
Keystone Light	104	Pabst Blue Ribbon	153	Yuengling Premium Beer	135
Keystone Ice	143	Pabst Extra Light Low Alcohol	67	Yuengling Light	98
Leinenkugel Honey Weiss	149	Pete's Wicked Ale	174	Yuengling Lager	135

Beaujolais	95
Bordeaux, red	95
Burgundy, red	95
Burgundy, white	90
Cabernet Sauvignon	90
Chablis	85
Champagne, dry	105
Champagne, pink	100
Chardonnay	90
Chianti	100
Liebfraumilch	85
Madeira	160
Marsala	80
Merlot	95
Mosell	110
Muscatel	160
Port, ruby	185
Port, white	170
Reisling	90
Rhone	95
Rose	95
Sangria	115
Sauterne	115
Sauvignon Blanc	80
Tokay	165
Zinfandel, red	90
Zinfandel, white	80

Alexander	244	Martini	210
Bacardi	144	Mimosa	137
Between The Sheets	141	Mint Julep	115
Black Russian	137	Old Fashioned	156
Bloody Mary	86	Pina Colada	342
Bocci Ball	135	Planter's Punch	184
Brandy Alexander	253	Rob Roy	194
Bronx	191	Rum Sour	128
Bull Shot	91	Rum Swizzle	102
Cuba Libre (Rum & Cola)	127	Rum Toddy	114
Daiquiri	125	Rusty Nail	223
Dubonnet Cocktail	173	Sangria	225
French 75	170	Screwdriver	181
Gibson	207	Sherry Flip	195
Gimlet	110	Side Car	225
Gin & Bitter Lemon	181	Silver Bullet	210
Gin Fizz	130	Singapore Sling	241
Gin Rickey	104	Slow Gin Fizz	167
Gin & Tonic	175	Sombrero	232
Golden Cadillac	250	Stinger	235
Golden Dream	269	Strawberry Daiquiri	150
Grasshopper	255	Strawberry Margarita	210
Harvey Wallbanger	258	Tequila Sunrise	219
Hot Buttered Rum	158	Toasted Almond	286
Irish Coffee	218	Tom Collins	169
Kir	121	Tom & Jerry	252
Madras	123	Vodka & Tonic	175
Mai Tai	310	Vodka Martini	210
Manhattan	183	Whiskey Sour	126
Margarita	185	Zombie	254

For Use With Exercise 3B