

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.
- 2 Muscles absorb alcohol faster than fat. Therefore, people with larger muscle mass and lower body fat have higher alcohol tolerance.
- 3 Alcohol is processed in the liver, where enzymes help break down ethanol into acetaldehyde and acetate.
- 4 Binge drinking can lead to hangovers, which are caused by chemical byproducts created during alcohol processing.
- 5 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.

CALORIE GUIDE

Wine & Beer

WHITE WINE

5 oz.
120 kcals

RED WINE

5 oz.
125 kcals

CHAMPAGNE

5 oz.
106 kcals

BEER

16 oz.
215 kcals

CIDER

16 oz.
210 kcals

Shots

VODKA

1.5 oz.
96 kcals

RUM

1.5 oz.
96 kcals

TEQUILA

1.5 oz.
104 kcals

JÄGERMEISTER

1.5 oz.
155 kcals

Cocktails

MIMOSA

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

Total = 88 kcals

OLD FASHIONED

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

Total = 88 kcals

VODKA TONIC

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

Total = 136 kcals

RUM & COKE

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

Total = 142

GIN & TONIC

1.5 oz tonic
= 110 kcals
4 oz tonic
= 40 kcals

Total = 150

GIN MARTINI

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

Total = 161

DARK & STORMY

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

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>