

Alcohol

Drink	Total Calories/ Serving Size	Calories from Carbs	Calories from Alcohol
Jim Beam and coke	265/375mL can	53%	47%
Bourbon and diet coke	70/serving (club glasses)	-	100%
Bourbon & coke	120/serving (club glasses)	30%	70%
Gin & Tonic	260/375mL can	52%	48%
Black Jack and coke	300/440mL can	51%	49%
Smirnoff Ice Dbl Black	230/335mL bottle	45%	55%
Malibu & cola	260/375mL can	60%	40%
Vodka Cruiser	210/330mL bottle	57%	43%
Midori Illusion	200/275mL bottle	61%	39%
Bundy and coke	275/375mL can	54%	46%
Corona	130/330mL bottle	30%	70%
Guinness Draught*	158/440mL can	32%	65%
Tooheys Extra Dry	131/345mL bottle	26%	74%
Cascade Light	58/200mL bottle	44%	56%
Pure Blonde	107/355mL bottle	13%	87%
Red Wine (sparkling)	638/750mL bottle	12%	88%
White Wine (sparkling)	594/750mL bottle	19%	81%

*NOTE: Guinness Draught also contained 3% protein.

-If a person consumed 10 bourbon and cokes on a Friday night their total caloric intake from drinking will be **1200** calories. To burn that many calories they would have to have 2.5 Personal Training sessions.

-One standard drink contains 10 grams of alcohol!

-Safe alcohol limits for females are no more than 2 drinks per day and males no more than 4 drinks per day. At least 2 days a week should be alcohol-free.

-Binge drinking is 6 drinks 'in a row' for males and 4 drinks 'in a row' for females. You can not save daily drinks for one occasion.

-Health Hazards; Excess alcohol contributes to obesity, high blood pressure, stroke, hear and liver disease, some cancers, and even impotence.