



# Your Party Guide To Diet-Friendly Drinks

The keys to any successful lifestyle change is moderation, balance, and portion control... which are three things that usually go out the window when it comes to alcohol! Alcohol and a healthy balanced lifestyle don't normally go hand in hand- but they can! You just need to know *what* you are drinking, *how* much, and how do those drinks fit in relation to the rest of your lifestyle.

While alcohol is fat-free and low-carb, that doesn't mean it's a "free" food- no matter what that 'Skinny Girl' label says to you! In fact, research has shown that when consuming "light" or calorically "reduced" products, people consume MORE of the given product while reporting LESS satisfaction (compared to if they had the full calorie original.) Participants of these studies consumed just as many calories of the lower calorie product, because they consumed *more* of it. We often overeat "diet friendly" products, because we think we don't have to worry as much about portion control and moderation- which isn't true!

When it comes to weight management, it's the overall calories that count. Even if you're careful about your alcohol consumption, all drinks are not created equal. Some choices are better than others- so here's a short party guide to "diet-friendly" drinks. Use it as a quick resource to learn about your alcoholic beverage of choice, and possibly consider switching to better options.



## Diet-Friendly Drink Choices



**Red Wine 5 ounces**

100 calories/ 2 grams carbs



**White Wine 5 ounces**

100 calories/ 2 grams carbs



**Scotch 1.5 ounces**

104 calories/ 0 grams carbs



**Vodka 1.5 ounces**

104 calories/ 0 grams carbs



**Light Beer 12 ounces**

108 calories/ 6 grams carbs



**Martini 2.2 ounces**

135 calories/ .2 grams carbs



**Draft Beer 12 ounces**

144 calories/ 13.2 grams carbs



**Manhattan 3.3 ounces**

153 calories/ 3.6 grams carbs



**SPARKPEOPLE**®

# If you like to wind down with wine...

I have great news for you! Wine is one of the most calorie-friendly drink choices you can make at approximately 20 calories per ounce. Each five-ounce glass is around 100 calories with no cholesterol, sodium or fat. It doesn't even matter what kind of wine you prefer, this is true for both red and white wine, from merlot to chardonnay. Sherry, a sweet, fortified wine, runs a bit higher with 32 calories per ounce, but is usually served in smaller portions as an after-dinner drink.

Wine is also packed full of other healthy phytochemicals and antioxidants. Several reports in 2000 confirmed the glad tidings that wine - in moderation, of course - reduces the risk of cardiovascular disease and heart attacks. Compared to those who abstain from alcohol completely, researchers found light drinkers who consumed wine cut their risk of dying prematurely by almost one third. Also, wine drinkers, as a group, had significantly lower mortality from cardiovascular disease and cancer. Actually, the researchers found drinking any kind of alcoholic beverage helped; however, the biggest benefit accrued by far - was to wine drinkers.

Below is the nutritional breakdown for some popular wines- try finding your favorite! Please note that calorie content can vary a touch depending on the specific wine - as some are much sweeter than others so don't forget to read those labels!

Wine	Calories Per Ounce	Carbs	Per 5-oz Serving
Chardonnay	20	0.4 g	100 calories, 2 g carbs
Pinot Grigio	20	0.4 g	100 calories, 2 g carbs
Zinfandel® White Wine	20	0.4 g	100 calories, 2 g carbs
Cabernet Sauvignon	20	0.8 g	100 calories, 4 g carbs
Merlot Red Wine	20	0.8 g	100 calories, 4 g carbs

1

Portion control matters! Get familiar with what a typical serving size looks like in a glass

# For those with a particular palette...

Hard liquor is higher in calories per ounce than wine and is often mixed with soda, which increases the calorie count. If you're going to drink liquor, use calorie-free mixers like diet soda or diet tonic water. One shot glass or mixed drink will contain about 1.5 ounces of hard liquor.

Hard Liquor	Calories Per Ounce	Carbs	Per 1.5-oz Serving
Vermouth	32	0.2 g	64 calories, 0.4 g carbs
Coconut Rum	51	5.3 g	77 calories, 8 g carbs
Beefeater® Gin	65	0 g	98 calories, 0 g carbs
Rye Whiskey	69	0 g	104 calories, 0 g carbs
Scotch Whiskey	69	0 g	104 calories, 0 g carbs
White Rum	69	0 g	104 calories, 0 g carbs
Vodka	69	0 g	104 calories, 0 g carbs
Cognac	69	2 g	104 calories, 3 g carbs
Tequila	69	5.3 g	104 calories, 8 g carbs
Gilbey's® Gin	79	0 g	119 calories, 0 g carbs



## Be careful with cocktails...

Once you start mixing liquor with juice and other sweeteners to create cocktails, calories, carbs, and sugar can go up significantly. It's also very easy to drink multiple cocktails in one sitting, so be mindful when ordering mixed drinks.

Cocktail	Calories Per Ounce	Carbs Per Ounce	Per Typical Serving
Martini	61	.1	135 calories/ 2.2 oz.
Cosmopolitan	53	3.3	213 calories/ 4 oz.
Mojito	40	4	240 calories/ 6 oz.
Margarita	46	2.1	153 calories/ 3.3 oz.
Manhattan	39	1.1	130 calories/ 3.3 oz.
Whiskey Sour	46	3.9	162 calories/ 3.5 oz.
Daiquiri	56	2.1	224 calories/ 4 oz.
Piña Colada	55	7.1	245 calories/ 4.5 oz.

2

Look up your favorite drink and know how much you're consuming.





# Raise a glass to that...

Beer is another calorie friendly option, with about 150 calories per 12-ounce serving. Beer can also be more satisfying as you can sip on a cold one over a long period of time. This gives you the social aspects of being able to enjoy alcohol with your friends in moderation. Choosing light beers will also drop your caloric intake without sacrificing much flavor, but keep in mind that it can be hard to estimate your intake when pouring from a pitcher or into an oversized beer mug.

Beer	Calories Per Ounce	Carbs	Per 12-oz Serving
"Light" Beer	9	0.5 g	108 calories, 6 g carbs
Draft Beer	12	1.1 g	144 calories, 13.2 g carbs
Lager	14	1.1 g	168 calories, 13.2 g carbs
Ale	18	1.1 g	216 calories, 13.2 g carbs

The words "cordial" and "liqueur" are sometimes used interchangeably, as both drinks are flavored, very sweet and often served as (or with) dessert. Liqueurs can be served alone, over ice, with coffee or mixed with cream or other mixers. Adding mixers will increase the calorie and fat content of your drink. Whether served alone or in a cocktail, one liqueur serving is about 1.5 ounces. While tasty, liqueurs pack the most calories per ounce, so enjoy them sparingly.

Liqueur	Calories Per Ounce	Carbs	Per 1.5-oz Serving
Chocolate Liqueur	103	11 g	155 calories, 17 g carbs
Mint Liqueur	103	11 g	155 calories, 17 g carbs
Peppermint Liqueur	103	11 g	155 calories, 17 g carbs
Strawberry Liqueur	103	11 g	155 calories, 17 g carbs

If you budget your calories carefully, you can safely afford to have a drink or two on a special occasion. But beware: Drinking loosens your inhibitions and may make you eat without thinking. From a health standpoint, calories aren't the only thing to consider. Practice moderation (no more than one drink daily for women and no more than two drinks daily for men) and consider other potential health benefits of different types of alcohol. Most health experts recommend the following hierarchy when choosing alcohol based on potential health benefits (such as antioxidant content): Choose red wine over white wine; choose wine over beer; choose darker-colored beers over lighter-colored beers; and choose beer over liquor and liqueur.

**3** Drink responsibly and stay safe!

