

CALORIE GUIDE TO ALCOHOLIC DRINKS



Wine



	125ml Standard Kcal drinks	150ml Standard Kcal drinks	175ml Standard Kcal drinks	250ml Standard Kcal drinks
Red	85 1.25	102 1.5	119 1.75	170 2.5
Rose	89 1.25	107 1.5	125 1.75	178 2.5
White	83-118 1.25	100-142 1.5	116-165 1.75	166-236 2.5
Cham-pagne	90 1.0			

Sources

For wine, spirits and draught (beer, cider, lager)
Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth Summary edition. Cambridge: Royal Society of Chemistry.

Beer, Cider, Lager

Draught



	1/2 Pint Standard Kcal Drinks	Pint Standard Kcal Drinks
See examples below		
Ale	85 1.0	170 2.0
Cider	100-120 1.0	200-240 2.0
Lager	82 1.0	164 2.0
Stout	105 1.0	210 2.0

Bottles & Cans



	Standard Kcal Drinks
See examples below	
330ml bottle of Bulmers Light	93 1.2
330ml bottle of Bulmers	122 1.2
250ml bottle of lager (Heineken)	110 0.9
500ml can of Bulmers Light	140 1.8
500ml can of Bulmers	186 1.9
500ml can of Guinness	176 1.7

For bottles & cans (beer, cider, lager), others, alcopops and liqueurs

Calories for each type of alcohol drink are calculated from a sample of drinks typically consumed by the population. These come from direct analysis or manufacturer's data.

Spirits

Brandy, Gin, Vodka, Whiskey



	Kcal	Standard Drinks
See examples below		
1 pub measure (35ml)	80	1.0
+100ml soft drink	124	1.0
+100ml diet soft drink	80	1.0
+100ml of fruit juice	126	1.0

Others, Alcopops, Liqueurs



	Kcal	Standard Drinks
See examples below		
37ml serving Baileys	130	0.5
300ml Bacardi Breezer	105	1.2
250ml bottle West Coast Cooler	146	1.0
275ml bottle WKD Blue	228	1.1