

CALORIE GUIDE TO ALCOHOLIC DRINKS

Wine



	125ml		150ml		175ml		250ml	
	Kcal	Units	Kcal	Units	Kcal	Units	Kcal	Units
Red	85	1.6	102	1.9	119	2.3	170	3.1
Rose	89	1.6	107	1.9	125	2.3	178	3.1
White	83-118	1.5	100-142	1.8	116-165	2.1	166-236	3.0
Champagne	90	1.5						

Spirits

Brandy, Gin, Vodka, Whiskey



	Kcal	Units
1 pub measure (35ml)	80	1.3
+100ml soft drink	124	1.3
+100ml diet soft drink	80	1.3
+100ml of fruit juice	126	1.3

Beer, Cider, Lager

Draught



See examples below	½ Pint		Pint	
	Kcal	Units	Kcal	Units
Ale	85	1.2	170	2.5
Cider	100-120	1.3	200-240	2.6
Lager	82	1.4	164	2.8
Stout	105	1.2	210	2.3

Bottles & Cans



See examples below	Kcal	Units
500ml bottle of Magners Light	140	2.2
500ml bottle of Magners	186	2.2
250ml bottle of lager (Heineken)	110	1.4
440ml can of Magners Light	123	2.0
440ml can of Magners	164	2.0
440ml can of Guinness	160	2.0

Others, Alcopops, Liqueur



See examples below	Kcal	Units
37ml serving Baileys	130	0.6
300ml Bacardi Breezer	105	1.2
250ml bottle West Coast Cooler	146	1.1
275ml bottle WKD Blue	228	1.1

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.

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.

