



WHAT'S IN YOUR DRINK?

A GUIDE TO THE UNITS,
CARBOHYDRATE AND CALORIE
CONTENT OF SELECTED
ALCOHOLIC DRINKS

CONTENTS

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01

WINE

02

DISTILLED
SPIRITS

03

LIQUEURS

04

ALCO POPS

05

COCKTAILS

06

LAGER/ BEER/
ALE/ CIDER

07

INFORMATION
SOURCES

01

WINE



		calorific count (kcal)	CHO content (g)	alcohol units (ui)
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WHITE WINE

Chablis	125ml	85	1.8	1.6
Chardonnay	125ml	102	2.9	1.6
Pinot Grigio	125ml	100	3.5	1.5
Sauvignon Blanc	125ml	101	2.5	1.5
white wine (dry)	125ml	94	1	1.5
approximate values				

WHITE WINE (OFF-DRY)

Chenin Blanc	125ml	101	4.1	1.6
Gewürztraminer	125ml	104	3.2	1.6
Riesling	125ml	101	4.6	1.4
Viognier	125ml	104	4.3	1.7

WHITE WINE (MEDIUM SWEET)

Liebfraumilch	125ml	107	4.5	1.3
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WHITE WINE (DESSERT/FORTIFIED)

Marsala	50ml	80	6.8	1
Martini Bitter (25%)	50ml	130	16	1.2
Martini Extra Dry (18%)	50ml	48	2	1
Martini Riserva Bitter (29%)	50ml	140	16	1.4
Moscato	125ml	112	10	1.1

Tokaji	125ml	225	18.8	1.5
White Port	50ml	80	9.3	1
White Wine (sweet)	125ml	118	7.5	1.5

approximate values

RED WINE

Barbera	125ml	106	3.4	1.5
Burgundy	125ml	108	4.6	1.5
Cabernet Sauvignon	125ml	105	3.2	1.5
Carmenere	125ml	114	2	1.5
Chianti	125ml	105	2.5	1.5
Malbec	125ml	106	3.2	1.5
Merlot	125ml	105	3.1	1.5
Pinot Noir	125ml	88	0.7	1.5
Red Wine (dry)	125ml	96	1	1.5

approximate values

Shiraz	125ml	80	2.6	1.5
Zinfandel	125ml	110	3.5	1.5

RED WINE (SEMI SWEET)

Lambrusco Rosso (5.5%)	125ml	81	8.9	0.7
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RED WINE (DESSERT/FORTIFIED)

Ice wine (9.5%)	50ml	84	21	0.5
Martini Riserva Speciale Rubino (18%)	50ml	86	8	1
Martini Rosso (15%)	50ml	72	8	0.8

Red Port	50ml	80	6.8	1
Sherry	50ml	58	3	1
Vermouth	50ml	76	8	1

ROSE WINE

Grenache Rosé (dry)	125ml	105	4	1.5
Pink Moscato (sweet)	125ml	108	13	1.5
Sangiovese Rosé (dry)	125ml	107	3.2	1.5
White Merlot Rosé (sweet)	125ml	95.6	6.9	1.5
White Zinfandel (sweet)	125ml	95	7.3	1
Zinfandel Rosé (sweet)	125ml	86	6.9	1.5

SPARKLING WINE

Cava Brut	125ml	87.5	1.9	1.5
Champagne	125ml	95	1.7	1.5
Martini Asti	125ml	100	4.5	1
Martini Prosecco	125ml	88	1	1.5
Martini Rose	125ml	88	1	1
Prosecco	125ml	69	2	1.5

02

DISTILLED
SPIRITS



	calorific count (kcal)	CHO content (g)	alcohol units (ui)
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DISTILLED SPIRITS

Armagnac	25ml	56	0	1
Bacardi	25ml	65	0	1
Bacardi Carta Blanca	25ml	53	0	1
Bacardi Carta Fuego	25ml	65	0	1
Bacardi Heritage	25ml	62	0	1.1
Bacardi Limon	25ml	51	0	0.8
Bombay Sapphire	25ml	65	0	1.2
Brandy	25ml	50	0	1
Cognac	25ml	57	0	1
Gin	25ml	52	0	1
Oxley Classic Dry Gin	25ml	65	0	1.2
Patron Silver Tequila	25ml	55	0	1
Rum	25ml	57	0	1
Rum Spiced	25ml	54	0	1
Santa Teresa Rhum Orange	25ml	56	0	1
Tequila	25ml	62	0	1
Vodka	25ml	62	0	1
Whisky	25ml	62.5	0	1

03

LIQUEURS



		calorific count (kcal)	CHO content (g)	alcohol units (ui)
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LIQUEURS

Advocaat (17.2%)	25ml	67	7.2	0.4
Amaretto Liqueur	25ml	75	7.7	0.7
Bailey's Irish Cream Liqueur	37ml	117	7.4	0.6
Campari (20.5%)	25ml	71.4	7.1	0.5
Citronge	25ml	92	9.8	1
Cointreau Orange Liqueur	25ml	85	6.6	1
Corky's Schnapps (Apple Sour)	25ml	43	5	0.4
Corky's Schnapps (Passion fruit Glitter)	25ml	39	4.4	0.4
Curacao Triple Sec (25%)	25ml	75	8	0.6
Jagermeister	25ml	92	9.8	1
Kahlua Rum and Cof- fee Liqueur	25ml	77	11	0.5
Limoncello	50ml	144	19.6	1.3
Malibu Coconut Rum	25ml	51	5.3	0.5
Ouzo Liqueur	25ml	77	7	1
St Germain	25ml	63	9	0.5

04

ALCO POPS



calorific count (kcal)	CHO content (g)	alcohol units (ui)
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ALCO-POPS

Smirnoff Ice Original	330ml	221	25.8	1.4
VK Blue	275ml	149	22.8	1.1
VK Tropical Fruits	275ml	143	21.5	1.1
VK Watermelon	275ml	129	15.7	1.1
WKD Blue	275ml	195	33.3	1.1
WKD Iron Brew	275ml	148	32	1.1
WKD Pink	275ml	155	24.8	1.1

05

COCKTAILS



calorific count (kcal)	CHO content (g)	alcohol units (ui)
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COCKTAILS (APPROXIMATE VALUE)

Bacardi Cocktail	65ml	117	6.2	1.1
Black Russian	90ml	244	16.2	2.5
Bloody Mary	150ml	123	4.88	2.2
Frozen Margarita	200ml	218	12.2	1.5
Fruit Punch (15%)	200ml	128	15.7	3
Mango Mai Tai	200ml	190	34	1.2
Margarita Classic	80ml	168	10.7	2.9
Martini Classic	70ml	161	0.4	2.5
Martini Dry with olive	100ml	234	0.3	2.2
Mojito	225ml	217	24.9	2
Piña colada	250ml	230	30	2.2
Tequila Sunrise	240ml	189	14.8	2

06

LAGER/
BEER/ ALE/
CIDER

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calorific count (kcal)	CHO content (g)	alcohol units (ui)
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LAGER/ BEER/ ALE/ CIDER

Amstel Lager	330ml	93	5.1	1.2
Amstel Lager	440ml	136	7.5	1.8
Amstel Lager	650ml	201	11	2.7
Asahi Super Dry	620ml	254	17.3	3.8
Bavaria Premium Beer	500ml	270	19.5	2.1
Beck's	275ml	200	14	1.6
Blue Moon Wheat Beer	330ml	168	15.2	1.8
Brew Dog Punk IPA Beer	330ml	158	12.5	1.8
Budweiser	330ml	116	9.3	1.4
Budweiser	440ml	170	13.6	2
Budweiser	660ml	255	20.4	3.2
Camden Hells Lager	330ml	125	10	1.5
Carling Lager	330ml	107	7.6	1.3
Carling Lager	440ml	140	10.6	1.8
Carlsberg Pilsner	330ml	122	9	1.3
Carlsberg Export Lager	330ml	132	9	1.6
Celia Organic Gluten Free Lager	330ml	139	14	1.5

Cider (dry)	568ml	204	15	3
Cider (sweet)	568ml	239	24	3
Cobra Indian Premium Lager	330ml	143	11.5	1.5
Cobra Indian Premium Lager	660ml	285	23	3.1
Coors Light	330ml	116	8.9	1.3
Coors Light	440ml	154	11.9	1.7
Corona	330ml	139	13.2	1.5
Corona	710ml	316	30	3.2
Desperados	330ml	180	21	1.9
Estrella Damm Lager	330ml	132	10	1.5
Five Points Juicy Pale Ale	330ml	122	9.9	1.8
Fosters	440ml	158	14	1.3
Hefeweizen Beer	330ml	180	17	1.7
Holsten Pils Lager	440ml	180	11.4	2.2
Hooch Lemon Brew	500ml	250	33	2
Innis and Gunn Oaked Aged Beer	330ml	120	12	2.2
Irish Red Ale	330ml	180	11	1.0
Krombacher Pils	660ml	237	13.6	3.2
Kronenbourg 1664	440ml	194	16.7	2.2
Leffe Blonde Abbey Beer	330ml	191	17.1	2.2

Leffe Brune Beer	330ml	202	18	2.1
Meantime Pale Ale	330ml	139	10.5	1.4
Peroni	330ml	139	10.6	1.7
Peroni	568ml	238	18	2.9
Sapporo	650ml	280	21	3.1
Sharp's Doom Bar Amber Ale	500ml	180	13.5	2.3
Shiner Light Blonde	340ml	99	3.8	1.5
Sierra Nevada Pale Ale	350ml	159	13	2
Slightly Mighty India Pale Ale	330ml	95	3.6	1.3
Staropramen	330ml	131	8.4	1.6
Staropramen	568ml	233	15	2.9
Stella Artois	284ml	114	8.8	1.3
Stout	284ml	105	9	1
Stout	568ml	210	18	2
Tyskie Polish Lager	500ml	215	16	2.5
Tyskie Polish Lager	650ml	280	20.8	3.3

07

INFORMATION
SOURCES



INFORMATION SOURCES

The above information was compiled from the following sources in 2020.

<https://www.myfitnesspal.com/food>

<https://www.nutritics.com/app/#>

<https://www.nutritionix.com>

<https://www.fatsecret.com/calories-nutrition>

<http://www.nutrientsreview.com/alcohol/alcoholic-beverages-abv-calories.html>

<https://carlsberguk.co.uk/products/san-miguel/san-miguel>

<https://www.tesco.com/groceries>

<https://www.skinnybooze.co.uk/collections/low-calorie-beer>

<https://www.k1664.co.uk/nutrition>

<https://www.amstelbier.co.uk/nutrition>

<https://www.fosters.co.uk/nutrition>

<https://sapporobeer.com/our-beers>

<https://www.warsteiner.com/our-beer>

<https://sierranevada.com/beer-nutrition>

<https://www.myfooddiary.com>

<https://www.bacardilimited.com/uk/en/nutrition>

<https://www.globalbrands.co.uk/brands>

<https://www.wkd.co.uk>

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