



<b>Beverage</b>	<b>Serving Size</b> (fluid oz)	<b>Calorie</b> (average)
<b>Beer</b>		
Regular	12	153
Light	12	103
IPA	12	180
<b>Distilled Spirits (80 proof)</b>		
Gin, rum, vodka, whiskey, tequila	1.5	97
Brandy, cognac	1.5	98
Liqueurs	1.5	165
<b>Wine</b>		
Red	5	125
White	5	121
Sweet	3.5	165
Sherry	2	75
Port	2	90
Champagne	4	84
Vermouth, sweet	3	140
Vermouth, dry	3	105
<b>Cocktails</b>		
Cosmopolitan	2.75	146
Daquiri	2	112
Manhattan	3.5	164
Margarita	4	168
Martini (traditional)	2.25	124
Mojito	6	143
Piña Colada	9	490
Rum & Coke	4 oz rum, 8 oz Coke	369
Screwdriver	8	180
Whiskey sour	3.5	160