

## Is Your Alcoholic Drink Sabotaging Your Weight Loss Efforts?

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Kelly LeSage, MS, RDN, LDN

I recently returned from my annual family beach vacation. It's my family and my husband's family, so around 35 or 40 of us in all. As you can imagine, there is a lot of beach time, huge dinners, and a lot of drinking.

One of my brother-in-laws is a big fan of fruity malted beverages, like Mike's Hard Lemonade and other fruit flavored drinks. At one dinner, everyone was gawking at his peach flavored drink that came in a trendy 24oz mason jar. One of my sister-in-laws noticed it actually had calories and ingredients listed (something most alcoholic drinks don't have). To her, and everyone else's surprise, this **24oz drink had 800 calories** in it! It also had high fructose corn syrup, artificial colors and artificial flavors- which may or may not be surprising to you. It also said there were 8 servings in this container, which in my opinion is just a way to make the calories look less horrible than they really were. Of course the whole drink was consumed with dinner, which made me realize that most of us have no idea how many calories we are consuming with those tasty summer alcoholic beverages. How could we? Most aren't even labeled!

Of course alcohol has many different effects in our body, but if we are just thinking calories alone, here is a nice chart to get those wheels turning. I'm a big believer in Knowledge Is Power!

For an even bigger list check out [THIS](#) article.

Light Beer (12oz)			
	Calories		Calories
Budweiser Select 55	55	Michelob Ultra	100
Miller 64	64	Miller Light	100
Busch Light	100	Bud Light	110
Coors Light	100	Bud Light Lime	120
Corona Light	100	Sam Adams Light	120

**Beer (12oz, unless noted)**

	Calories		Calories
Busch	110	New Belgium Fat Tire Amber Ale	160
Bud Ice	120	Blue Moon Belgian White	170
Abita Purple Haze	130	Budweiser Black Crown	170
Guinness Draught	130	Guinness Nitro IPA	170
Leinenkugel's Summer Shandy	130	Redd's Apple Ale	170
Rolling Rock	130	Samuel Adams Summer Ale	170
Heineken	140	Shock Top Belgian White	170
Omission Lager	140	Omission Pale Ale	180
Pabst Blue Ribbon	140	Sierra Nevada Pale Ale	180
Yuengling Traditional Lager	140	Samuel Adams Octoberfest	190
Beck's	150	Leffe Blonde (11.2oz)	200
Budweiser	150	Omission IPA	200
Corona Extra	150	Samuel Adams Rebel IPA	200
Shock Top Lemon Shandy	150	New Belgium Rampant Imperial IPA	230
Stella Artois	150	Sierra Nevada Torpedo Extra IPA	240
Yuengling Black & Tan	150	Allagash Black Belgian Style Stout	250
Hoegaarden	160	Brooklyn Brewery Black Chocolate Stout	320

### Malted Beverages (11-12oz, unless noted)

	Calories		Calories
Mike's Lite Hard Lemonade	150	Henry's Hard Ginger Ale	220
Henry's Hard Orange Soda	190	Mike's Hard Lemonade	220
Bud Light Lime Straw-Ber-Rita (8oz)	200	Mike's Hard Mango Punch	230
Smirnoff Ice Original	200	Best Damn Root Beer	240
Bud Light Lime Lime-a-Rita (8oz)	220	Sparks Lemonade (16oz)	350

### Hard Cider (12oz)

	Calories		Calories
Michelob Ultra Light	120	Strongbow Gold Apple	170
Crispin Original	150	Angry Orchard Crisp Apple	190

### Wine (6oz, unless noted)

	Calories		Calories
Red (Merlot, Pinot Noir, Syrah, Zinfandel, etc)	150	Korbel Brut California Champagne	150
White (Chardonnay, Pinot Grigio, Riesling, etc)	150	Sweet Dessert (3.5oz)	170
Skinnygirl Sangria	160	White, late harvest	210

### Liquor & Liqueur (1.5oz)

	Calories		Calories
Pimm's No. 1	80	Bailey's Irish Cream	140
Gin, Rum, Tequila, Vodka or Whiskey	100	Cream de Menthe	190

### Packaged Mixed Drinks ( 1 serving, with alcohol)

	Calories		Calories
Bacardi Mixers Frozen Margarita <b>(8oz)</b>	150	Bacardi Mixers Frozen Pina Colada <b>(8oz)</b>	230
Bacardi Mixers Frozen Strawberry Daiquiri <b>(8oz)</b>	180	Jose Cuervo Original Strawberry Lime Margarita Mix <b>(6oz)</b>	240
Daily's Light Frozen Margarita <b>(10oz)</b>	180	Master of Mixes Mojito Mixer <b>(6oz)</b>	240
Mr. & Mrs. T Whiskey Sour Mix <b>(5oz)</b>	200	Bacardi Mixers Frozen Mojito <b>(8oz)</b>	260
Jose Cuervo Original Classic Lime Margarita Mix <b>(6oz)</b>	220	Daily's Frozen Margarita <b>(10oz)</b>	280