



## 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      | Lefte Blonde ( <b>11.2oz</b> )         | 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 (8oz)                 | 150      | Bacardi Mixers Frozen Pina Colada (8oz)                  | 230      |
| Bacardi Mixers Frozen Strawberry Daiquiri (8oz)       | 180      | Jose Cuervo Original Strawberry Lime Margarita Mix (6oz) | 240      |
| Daily's Light Frozen Margarita (10oz)                 | 180      | Master of Mixes Mojito Mixer (6oz)                       | 240      |
| Mr. & Mrs. T Whiskey Sour Mix (5oz)                   | 200      | Bacardi Mixers Frozen Mojito (8oz)                       | 260      |
| Jose Cuervo Original Classic Lime Margarita Mix (6oz) | 220      | Daily's Frozen Margarita (10oz)                          | 280      |