



Alcoholic drink calorie counter

Use the counter below to estimate how much energy you consume from alcoholic drinks. Limiting alcohol saves calories and enhances your weight loss results.

Drink, size (S) = Standard	Drinks / wk	X Cal/drink	X kJ/drink	= Total
<u>Beer:</u> Full 4.9% / Light 2.2%		Full / Light	Full / Light	
Pony, 140ml	_____	53 / 32	220 / 135	
Glass, 200ml	_____	75 / 45	315 / 190	
Middie, 285ml (S)	_____	105 / 65	440 / 270	
Stubbie/Can, 375ml	_____	140 / 85	585 / 355	
Schooner/Pot, 450ml	_____	170 / 100	710 / 420	
Bottle, 800ml	_____	300 / 180	1260 / 750	
Jug, 1140ml	_____	430 / 255	1800 / 1065	
<u>Wine:</u> 12% alcohol				
Small glass, 100ml (S)	_____	75	315	
Restaurant glass, 180ml	_____	135	567	
½ Bottle, 375ml	_____	280	1170	
Bottle, 750ml	_____	560	2340	
<u>Spirits:</u> 40% alcohol				
1 Shot/Nip, 30ml (S)	_____	66	275	
Double Shot/Nip, 60ml	_____	132	550	
½ Bottle, 375ml	_____	825	3450	
Cal/kJ figures from Allan Borushek's Calorie & Fat Counter			Total for week =	

Calculations: Write in the approximate number of each drink you would have each week. Multiply the number by the energy in each drink (Cal or kJ: 1 Cal = 4.2 kJ). Then calculate a total of calories or kJ at the bottom. How many calories can you save?