

Alcohol Facts

Beer & Flavored Malt Beverages



BRAND	ALCOHOL BY VOLUME	SERVING SIZE (oz)	ALCOHOL PER SERVING (fl oz)	CALORIES PER SERVING (g)	CARBS PER SERVING (g)
Amstel Light	3.50%	12	0.42	95	5.0
Bartles & Jaymes Classic Original	3.90%	12	0.47	190	29.0
Bud Light	4.20%	12	0.50	110	6.6
Budweiser	5.00%	12	0.60	145	10.6
Coors Light	4.20%	12	0.50	102	5.3
Corona Extra	4.60%	12	0.55	148	14.0
Guinness Draft in Bottle	4.20%	12	0.50	128	10.6
Heineken	5.00%	12	0.60	150	11.5
Labatt Blue	4.70%	11.5	0.54	127	8.8
Mike's Hard Lemonade	4.00%	11.2	0.45	220	32.0
Miller Lite	4.20%	12	0.50	96	3.2
Natural Light	4.20%	12	0.50	95	3.2
Smirnoff Twisted Ice	5.00%	12	0.60	241	38.3

Spirits



Absolut Vodka	40.00%	1.5	0.60	98	0
Bacardi Gold Rum	40.00%	1.5	0.60	98	0
Capt. Morgan Original Spiced Rum	35.00%	1.5	0.53	86	0
Crown Royal Canadian Whiskey	40.00%	1.5	0.60	96	0
Smirnoff Vodka	40.00%	1.5	0.60	96	0
Jack Daniel's Old No.7 Tennessee Whiskey	40.00%	1.5	0.60	98	0
Jose Cuervo Clasico Tequila	40.00%	1.5	0.60	96	0
Seagram's Gin	40.00%	1.5	0.60	120	0

Wine



Almaden Merlot	12.50%	5	0.63	115	4.7
Beringer Chardonnay	13.90%	5	0.70	125	0.8
Franzia Vintner Select Merlot	12.50%	5	0.63	105	5.0
Gallo/Carlo Rossi Cabernet Sauvignon	11.80%	5	0.59	125	5.0
Gallo/Twin Valley Cabernet Sauvignon	13.30%	5	0.67	120	4.5

The U.S. Dietary Guidelines recommend that Americans who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

A standard drink is widely considered to be 12 fluid ounces of regular beer; 5 fluid ounces of wine; or 1.5 fluid ounces of 80-proof distilled spirits.



1 regular beer
12 oz. @ 5%



1 cocktail
1.5 oz. @ 40%



1 glass of wine
5 oz. @ 12%

The values for each top-selling brand were obtained from the manufacturer's website or from the manufacturers themselves.



Consumer Federation of America

www.consumerfed.org