

ALCOHOL COMMON DRINKS

Drink	Amount	Cals
Wine (red, white)	small glass (5-6 oz)	100
	large glass (9 oz)	150
Sake	1 oz	40
Sangria	small glass (9 oz)	230
Beer	12 oz bottle	150
	14 oz draft	170
	20 oz draft	250
	12 oz lite	110
	14 oz lite	130
	20 oz lite	190
	1 pint Guinness	210
Mixed Drinks	1 oz hard alcohol	65
	Bailey's Irish Cream (per oz)	70
	Whisky Sour (1 oz)	46
	Hard Lemonade (12 oz)	230
	Margarita (per oz)	50
	Margarita (8 oz)	400
	Strawberry Margarita (per oz)	60
	Strawberry Margarita (8 oz)	480
	Daiquiri (per oz)	50
	Daiquiri (8 oz)	400
	Pina Colada (per oz)	70
	Pina Colada (9 oz)	630
	Strawberry Martini	300
Chocolate Martini	260	