

ALCOHOL FACTS & CALORIE GUIDE

FUN FACTS



- 1 The effects of alcohol on the body occur when ethanol enters our bloodstream and passes through the membranes of cells in your brain, heart, and other organs.
- 2 Muscles absorb alcohol faster than fat. Therefore, people with larger muscle mass and lower body fat have higher alcohol tolerance.
- 3 Alcohol is processed in the liver, where enzymes help break down ethanol into acetaldehyde and acetate.
- 4 Binge drinking can lead to hangovers, which are caused by chemical byproducts created during alcohol processing.
- 5 Red wine contains resveratrol, a substance which helps control cholesterol, prevent blood vessel damage, and stop blood clots. Therefore moderate red wine drinking is considered to have a healthy effect on the heart.

CALORIE GUIDE

Wine & Beer

WHITE WINE	RED WINE	CHAMPAGNE	BEER	CIDER
5 oz. 120 kcals	5 oz. 125 kcals	5 oz. 106 kcals	16 oz. 215 kcals	16 oz. 210 kcals

Shots

VODKA	RUM	TEQUILA	JÄGERMEISTER
1.5 oz. 96 kcals	1.5 oz. 96 kcals	1.5 oz. 104 kcals	1.5 oz. 155 kcals

Cocktails

MIMOSA	OLD FASHIONED	VODKA TONIC	
2.5 oz orange juice = 35 kcals 2.5 oz. champagne = 53 kcals Total = 88 kcals	1.5 oz whiskey = 105 kcals Dash bitters = 4 kcals Cube sugar = 9 kcals Total = 88 kcals	1.5 oz vodka = 96 kcals 4 oz tonic = 40 kcals Total = 136 kcals	
RUM & COKE	GIN & TONIC	GIN MARTINI	DARK & STORMY
1.5 oz rum = 69 kcals 4 oz. coke = 46 kcals Total = 142	1.5 oz tonic = 110 kcals 4 oz tonic = 40 kcals Total = 150	2 oz gin = 146 kcals 5 oz. Vermouth = 15 kcals Total = 161	2 oz rum = 128 kcals 3.5 oz ginger beer = 44 kcals Total = 172

OZ TO ML CONVERSIONS

5 oz. = 147 ml	2.5 oz = 74 ml
16 oz = 473 ml	3.5 oz = 103 ml
1.5 oz. = 44 ml	4 oz = 118 ml



- Lose fat
 - Build muscle
 - Fill the nutritional gaps in your diet
- [CLICK HERE](#)

<https://www.healthline.com/health/facts-about-alcohol>
<https://www.drinkaware.co.uk/understand-your-drinking/unit-calculator>