

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

5 oz.
120 kcals

RED WINE

5 oz.
125 kcals

CHAMPAGNE

5 oz.
106 kcals

BEER

16 oz.
215 kcals

CIDER

16 oz.
210 kcals

Shots

VODKA

1.5 oz.
96 kcals

RUM

1.5 oz.
96 kcals

TEQUILA

1.5 oz.
104 kcals

JÄGERMEISTER

1.5 oz.
155 kcals

Cocktails

MIMOSA

2.5 oz orange juice
= 35 kcals

OLD FASHIONED

1.5 oz whiskey
= 105 kcals

VODKA TONIC

1.5 oz vodka
= 96 kcals