

# 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

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  
2.5 oz. champagne  
= 53 kcals

**Total = 88 kcals**

#### OLD FASHIONED

1.5 oz whiskey  
= 105 kcals  
Dash bitters  
= 4 kcals  
Cube sugar  
= 9 kcals

**Total = 88 kcals**

#### VODKA TONIC

1.5 oz vodka  
= 96 kcals  
4 oz tonic  
= 40 kcals

**Total = 136 kcals**

#### RUM & COKE

1.5 oz rum  
= 69 kclas  
4 oz. coke  
= 46 kclas

**Total = 142**

#### GIN & TONIC

1.5 oz tonic  
= 110 kclas  
4 oz tonic  
= 40 kclas

**Total = 150**

#### GIN MARTINI

2 oz gin  
= 146 kclas  
5 oz. Vermouth  
= 15 kclas

**Total = 161**

#### DARK & STORMY

2 oz rum  
= 128 kclas  
3.5 oz ginger  
beer = 44 kclas

**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