

# 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

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

### 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

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