

# Here is how to keep your weight loss journey and your alcohol!

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**How many calories in that drink** can be a guessing game, even for the food experts out there (all my lovely RD's)? Did you know pure alcohol has no fat, no protein and no carbohydrates? Those macro nutrients are our energy yielding nutrients, therefore, shouldn't alcohol not have any calories? Unfortunately, alcohol alone carries 7 calories per gram in pure alcohol, which is translated to some tricky stuff. Because all different drinks (whiskey, beer, liquor, wine, etc.) hold different percent of alcohol, they all yield different calories.

How do you stay on track if your trying to lose weight or watch your total caloric intake? \*Use this chart below as a guide.\* Sadly, labels for most beer, wine, and other alcoholic beverages aren't required to list calories...or even ingredients. You can thank the U.S. Treasury Department for that industry-friendly, consumer-hostile rule. But thanks to The Center for Science in the Public Interest, they formed a list that can help us be aware of what we are actually drinking. Let's outsmart these guys!

By the end of 2020, just like how the restaurants began, groups of famous alcohol brands have said they will disclose ingredients on a website, the label, or via a QR code on your smartphone. But for now, use these numbers as your BEST guide.

## What does ONE standard drink mean?

This is roughly what bartenders deliver. Luckily this is what it means for your calories.

### **In the United States, one “standard” drink contains roughly 14 grams of pure alcohol:**

12 ounces of regular beer, which is usually about 5% alcohol – light beers can have 4.2% alcohol content.

5 ounces of wine, which is typically about 12% alcohol

1.5 ounces of distilled spirits, which is about 40% alcohol

**REMEMBER** that % of alcohol will determine the calories. Therefore, higher percent alcohol (AKA shots of alcohol) CAN have MORE calories than a glass of wine or beer.

## How to skinny your drinks up?

Here are some of my general tips to truly slim your mixed drinks down to JUST alcohol and no sugar!

1. Use sprite zero or coca cola zero PLUS mix with some club soda so you don't get an abundance of sugar alcohols or artificial sweeteners in your drink.
2. Use unflavored seltzer – great for sangria mixes, vodka mixes and even rum. In Jamaica my favorite was *“Coconut Rum + seltzer and a splash of pineapple please”*
3. Get used to saying “with seltzer and a splash of juice OR extra lemon/lime/ mint please” – Don't feel funny digging into those lemon and lime holders and grabbing what you want!

4. When home use Bai Water to make skinny cocktails with flavor! Feel free to experiment with Sparkling Ice Flavored Water as well.
5. Blend fresh fruit instead of ready to go mixers, add stevia to sweeten it up.
6. Always keep lemon and lime handy. Mint goes well with most hard drinks too!

**Let's keep skinny:**

**Moscow Mule:** Vodka, diet ginger ale, lime and some ice will give you this basic but delicious drink.

**Skinny Arnold Palmer:** Use tea vodka plus light ice tea or Lipton Zero to make this tasty.

**Mimosa Light:** OJ can be filled with sugar and calories, so use a splash of light tangerine juice instead + club soda

**Cosmopolitan:** Vodka and cranberry with a splash of orange and lime make up this drink.

**Blueberry lime Margarita:** Blend one cup of blueberries into lime juice – add tequila and diet sprite to top it off

**Margarita** – look for low calorie mixers or use lemon juice, club soda and mint

<b>Wine (6 oz., unless otherwise noted)</b>	<b>Calories</b>
Skinnygirl	120
Arbor Mist Chardonnay Peach & White Pear (8 oz.)	150
<b>Red (Merlot, Pinot Noir, Syrah, Zinfandel, etc.)</b>	<b>150</b>

<b><i>White (Chardonnay, Pinot Grigio, Riesling, etc.)</i></b>	<b>150</b>
Korbel Brut California Champagne	160
Skinnygirl Sangria	160
Barefoot Refresh Perfectly Pink Spritzer (8 oz.)	180
White, late harvest	210

**Liquor & Liqueur (1.5 oz.)**

Standard shot is 1 ounce, bartenders typically put in 1-2 shots in mixed drinks.

	<b>Calories</b>
<b><i>Gin, rum, tequila, vodka, or whiskey</i></b>	<b>100</b>
Baileys Irish Cream	140

**Some Restaurant Mixed Drinks**

	<b>Calories</b>
Red Lobster Martini	160
Red Lobster Cosmopolitan	170
California Pizza Kitchen Moscow Mule	180
California Pizza Kitchen Hand-Shaken Agave Mojito	200
Chili's Premium Long Island Iced Tea	210
Olive Garden Peach <b>Bellini</b>	240

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Olive Garden Peach Sangria	250
Chili's Ultimate Fresh Margarita	270
Red Lobster Strawberry Daiquiri	290
Olive Garden Frozen Margarita	340
Red Lobster Bahama Mama	380
Red Lobster Mudslide	520
Red Lobster Alotta Colada	580
Red Robin Irish Beer Shake	780

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