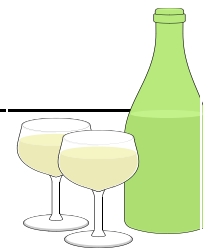

If you drink alcohol...



1. Keep in mind that alcohol contains calories.

1 gram of carbohydrate or protein	4 calories
1 gram of alcohol	7 calories
1 gram of fat	9 calories

2. The calories in alcohol are “empty.” They contain no nutrients like vitamins.
3. Many alcoholic beverages contain extra calories from sugar, carbohydrate, or fat:

Drink	Calories	Fat (grams)
Light beer (12 oz)	101	0
Beer, regular, malt, or no alcohol (12 oz)	148	0
Table wine, red or white (3 oz)	63	0
Sweet dessert wine (3 oz)	90	0
Wine coolers (12 oz)	About 200	0
Liquor (e.g., gin, scotch, whiskey) (1 jigger, 1-1/2 oz)	About 100	0
Cocktails (e.g., Daiquiri, martini) (3 oz)	About 200	Varies
Martini (gin and vermouth) (3 oz)	156	0
Whiskey sour (3 oz cocktail)	123	0
White Russian (3 oz), made w/cream	225	7
Alexander w/gin (3 oz), made w/cream	236	9
Grasshopper (3 oz), made w/cream	253	9
Eggnog (1 cup)	342	19

4. If you do drink alcohol, follow these tips:
 - Don't drink on an empty stomach.
 - Alternate alcoholic and nonalcoholic drinks.
 - Sip slowly. Make one drink last a long time.
 - Experts define “moderation” as not more than 1 drink per day for women and not more than 2 drinks per day for men.



