

Alcohol Facts

Beer & Flavored Malt Beverages



| BRAND | ALCOHOL BY VOLUME | SERVING SIZE (oz) | ALCOHOL PER SERVING (fl oz) | CALORIES PER SERVING (g) | CARBS PER SERVING (g) |
|-----------------------------------|-------------------|-------------------|-----------------------------|--------------------------|-----------------------|
| Amstel Light | 3.50% | 12 | 0.42 | 95 | 5.0 |
| Bartles & Jaymes Classic Original | 3.90% | 12 | 0.47 | 190 | 29.0 |
| Bud Light | 4.20% | 12 | 0.50 | 110 | 6.6 |
| Budweiser | 5.00% | 12 | 0.60 | 145 | 10.6 |
| Coors Light | 4.20% | 12 | 0.50 | 102 | 5.3 |
| Corona Extra | 4.60% | 12 | 0.55 | 148 | 14.0 |
| Guinness Draft in Bottle | 4.20% | 12 | 0.50 | 128 | 10.6 |
| Heineken | 5.00% | 12 | 0.60 | 150 | 11.5 |
| Labatt Blue | 4.70% | 11.5 | 0.54 | 127 | 8.8 |
| Mike's Hard Lemonade | 4.00% | 11.2 | 0.45 | 220 | 32.0 |
| Miller Lite | 4.20% | 12 | 0.50 | 96 | 3.2 |
| Natural Light | 4.20% | 12 | 0.50 | 95 | 3.2 |
| Smirnoff Ice | 5.00% | 12 | 0.60 | 241 | 38.3 |

Spirits



| | | | | | |
|--|--------|-----|------|-----|---|
| Absolut Vodka | 40.00% | 1.5 | 0.60 | 98 | 0 |
| Bacardi Gold Rum | 40.00% | 1.5 | 0.60 | 98 | 0 |
| Capt. Morgan Original Spiced Rum | 35.00% | 1.5 | 0.53 | 86 | 0 |
| Crown Royal Canadian Whiskey | 40.00% | 1.5 | 0.60 | 96 | 0 |
| Smirnoff Vodka | 40.00% | 1.5 | 0.60 | 96 | 0 |
| Jack Daniel's Old No.7 Tennessee Whiskey | 40.00% | 1.5 | 0.60 | 98 | 0 |
| Jose Cuervo Gold Tequila | 40.00% | 1.5 | 0.60 | 96 | 0 |
| Seagram's Gin | 40.00% | 1.5 | 0.60 | 120 | 0 |

Wine



| | | | | | |
|--------------------------------------|--------|---|------|-----|-----|
| Almaden Merlot | 12.50% | 5 | 0.63 | 115 | 4.7 |
| Beringer Chardonnay | 13.90% | 5 | 0.70 | 125 | 0.8 |
| Franzia Vintner Select Merlot | 12.50% | 5 | 0.63 | 105 | 5.0 |
| Gallo/Carlo Rossi Cabernet Sauvignon | 11.80% | 5 | 0.59 | 125 | 5.0 |
| Gallo/Twin Valley Cabernet Sauvignon | 13.30% | 5 | 0.67 | 120 | 4.5 |

The U.S. Dietary Guidelines recommend that Americans who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

A standard drink is widely considered to be 12 fluid ounces of regular beer; 5 fluid ounces of wine; or 1.5 fluid ounces of 80-proof distilled spirits.



1 regular beer
12 oz. @ 5%



1 cocktail
1.5 oz. @ 40%



1 glass of wine
5 oz. @ 12%

The values for each top-selling brand were obtained from the manufacturer's website or from the manufacturers themselves.



Consumer Federation of America

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