

Alcohol Calories and Units



Spirits 40%
1 shot (25ml)
61 calories
1 unit

Alcopop 4%
1 bottle
(275ml)
171 calories
1.1 units



Cider 4.5%
1 pint
210 calories
2.6 units



Beer 4%
1 pint
180 calories
2.3 units



Double Gin & Tonic
1 glass
153 calories
2 units

Wine 13%
1 large glass
(250ml)
228 calories
3.3 units



Double Vodka & Coke
1 glass
168 calories
2 units

Alcohol And Nutrition

Julia Schneider



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