

CALORIC CONTENT OF BEVERAGES

CATEGORY	BEVERAGES	SERVING SIZE	CALORIES/SERVING
ALCOHOL	Bloody Mary	10 OZ	264
	Martini	4 OZ	250
	Screwdriver	8 OZ	232
	Gin And Tonic	10 OZ	212
	Regular Beer	12 OZ	135-150
	Light Beer	12 OZ	96-135
	Gin, Rum, Vodka, Whiskey, Tequilla	1.5 OZ	96-135
	Champagne	4 OZ	95
	Red, Rose Wine	4 OZ	92
	Brandy, Cognac	1 OZ	75
MILK	Milk Shake	8 OZ	285
	Whole Milk	8 OZ	150
	2% Low Fat Milk	8 OZ	120
	Skim Milk	10 OZ	90
	Imitation Cream, Powdered	1 T.	33
	Half & Half Cream	1 T.	20
SODA	Pepsi-Cola	12 OZ	160
	7-Up	12 OZ	144
	Coca-Cola Classic	12 OZ	144
	Schweppes Tonic	12 OZ	128
	Diet 7-Up	12 OZ	4
	Diet Pepsi	12 OZ	1
	Diet Coke	12 OZ	1
	Club Soda	12 OZ	0
	Schweppes Seltzer, Plain & Flavored	12 OZ	0

FRUIT DRINK	Ocean Spray Cranberry Juice Cocktail	8 OZ	141
	Ocean Spray Low-Cal Cranberry Juice Cocktail	8 OZ	48
	Hi-C Punch	8 OZ	90
	Kool-Aid Tropical Pnch (Sugar-Free)	8 OZ	4
	Crystal Light Citrus Blend	8 OZ	4
FRUIT JUICE	Del Monte Prune Juice	6 OZ	120
	Dole Pineapple Juice	6 OZ	103
	Welch's Frozen Grape Juice	6 OZ	100
	Citrus Hill Orange Juice	6 OZ	90
	Minute Maid Apple Juice	6 OZ	90
	Fresh Orange Juice	6 OZ	83
	Del Monte Grapefruit Juice	6 OZ	70
VEGETABLE JUICE	V-8 Vegetable Juice	6 OZ	35
	Campbell's Tomato Juice	6 OZ	30
TEA/ COFFEE	Lipton Canned Iced Tea, Lemon Flavor	8 OZ	80
	General Foods Int'l Café Vienna*	6 OZ	60
	General Foods Int'l Sugar-Free Café Vienna*	6 OZ	30
	Folger's Instant Coffee*	6 OZ	7
	Taster's Choice, Freeze Dried*	8 OZ	4
	Lipton Tea	8 OZ	2
	Bigelow Herbal Tea	8 OZ	2
	Lipton Sugar-Free Iced Tea	8 OZ	2

*prepared as directed