

Alcohol CARB COUNTS

Children with Diabetes®

Beverage	Serving	Calories	Carbs (g)
Beer			
Regular beer	12 oz	150	12
Light beer	12 oz	100	5
Non-alcoholic beer	12 oz	60	12
Wine			
Champagne	4 oz	100	4
Sweet wine	5 oz	130	6
Dry White, Red, Rose	5 oz	100	trace
Sweet kosher wine	5 oz	165	15
Wine cooler	12 oz	215	30
Appetizer/Dessert Wines			
Sherry	2 oz	74	2
Sweet Sherry, Port	2 oz	90	7
Cordials, Liqueurs	1 ½ oz	160	18
80-proof Gin, Rum, Vodka, Whiskey, Scotch	1 ½ oz	100	trace
Dry Brandy, Cognac	1 oz	75	trace

Beverage	Serving	Calories	Carbs (g)
Cocktails			
Bloody Mary	8 oz	130	9
Daiquiri	8 oz	240	32
Gin and Tonic	6 oz	174	11
Margarita	8 oz	240	36
Martini	2 ½ oz	156	trace
Pina Colada	8 oz	436	56
Tom Collins	8 oz	120	3
Whiskey Sour	4 oz	186	16
Shooters			
Amaretto Sour	1 ½ oz	118	19
Fuzzy Navel	1 ½ oz	120	7
Kamikazi	1 ½ oz	150	2
Mud Slide	1 ½ oz	160	17
Turbo	1 ½ oz	110	3
Mixers			
Non-caloric mixers (mineral water, sugar-free tonic, club soda, diet soda)	any	0	0
Tonic water	4 oz	41	11
Tomato juice (Bloody Mary mix)	4 oz	25	5
Juice (orange, grapefruit, pineapple)	4 oz	60	15