

Beverage	Alcohol percentage by volume	Per Serving			Serving Size (oz)	Per Ounce			Calories from alcohol (cal) per 1 oz of beverage	Percentage of calories from alcohol per 1 oz of beverage (100 is best)	How many carbs for every 1 oz of alcohol (lower is best)
		Calories per serving (cal) as advertised	Carbs per serving (g) as advertised	Alcohol per serving (oz)		Calories per 1 oz (cal)	Carbs per 1 oz (g)	Alcohol per 1 oz (oz)			
Beer											
Michelob ULTRA	4.2%	95	2.6	0.50	12	7.92	0.22	0.04	6.85	86.53	5.16
Budweiser Select	4.3%	99	3.1	0.52	12	8.25	0.26	0.04	7.01	85.01	6.01
Bud Light Platnum	6.0%	137	4.4	0.72	12	11.42	0.37	0.06	9.79	85.72	6.11
Bud Light Select 55	2.4%	55	1.9	0.29	12	4.58	0.16	0.02	3.91	85.41	6.60
Miller light	4.2%	96	3.2	0.50	12	8.00	0.27	0.04	6.85	85.63	6.35
Miller 64	2.8%	64	2.4	0.34	12	5.33	0.20	0.03	4.57	85.63	7.14
Corona Light	4.1%	99	5	0.49	12	8.25	0.42	0.04	6.69	81.06	10.16
Coors Light	4.1%	104	5	0.49	12	8.67	0.42	0.04	6.69	77.16	10.16
Bud Light	4.2%	110	6.6	0.50	12	9.17	0.55	0.04	6.85	74.73	13.10
Sam Adams Light	4.0%	119	7.7	0.48	12	9.92	0.64	0.04	6.52	65.79	16.04
Bud Light Lime	4.2%	116	8	0.50	12	9.67	0.67	0.04	6.85	70.86	15.87
Pabst Blue Ribbon Light	4.1%	113	8.3	0.49	12	9.42	0.69	0.04	6.69	71.01	16.87
Michelob Light	4.1%	123	8.9	0.49	12	10.25	0.74	0.04	6.69	65.24	18.09
Heineken	5.0%	150	11.5	0.60	12	12.50	0.96	0.05	8.16	65.24	19.17
Yuengling Lager	4.6%	142	12	0.55	12	11.83	1.00	0.05	7.50	63.40	21.74
Guinness Draft	4.2%	128	10.6	0.50	12	10.67	0.88	0.04	6.85	64.22	21.03
Budweiser	4.2%	145	10.6	0.50	12	12.08	0.88	0.04	6.85	56.69	21.03
Pabst Blue Ribbon	4.7%	144	12.8	0.56	12	12.00	1.07	0.05	7.67	63.88	22.70
Blue Moon Belgian White	5.4%	164	13	0.65	12	13.67	1.08	0.05	8.81	64.44	20.06
Miller Genuine Draft	4.6%	143	13.1	0.55	12	11.92	1.09	0.05	7.50	62.96	23.73
Yuengling Light Lager	3.5%	99	8.8	0.42	12	8.25	0.73	0.04	5.71	69.19	20.95
Corona Extra	4.9%	148	13.9	0.59	12	12.33	1.16	0.05	7.99	64.80	23.64
Sam Adams Boston Lager	4.9%	175	17.2	0.59	12	14.58	1.43	0.05	7.99	54.80	29.25
Angry Orchard Traditional Dry Cider	5.5%	190	22	0.66	12	15.83	1.83	0.06	8.97	56.66	33.33
Wine											
Sauvignon blanc	13.3%	143	2.5	0.67	5	28.60	0.50	0.13	21.69	75.85	3.76
Chardonnay	14.4%	156	3	0.72	5	31.20	0.60	0.14	23.49	75.28	4.17
Merlot	13.9%	152	3.8	0.70	5	30.40	0.76	0.14	22.67	74.58	5.47
Pinot Noir	13.7%	151	3.8	0.69	5	30.20	0.76	0.14	22.34	73.99	5.55
Cabernet Sauvignon	13.8%	152	4.1	0.69	5	30.40	0.82	0.14	22.51	74.04	5.94
Spirits											
Vodka	50.0%	121	0	0.75	1.5	80.67	0.00	0.50	81.55	101.10	0.00
Tequilla	40.0%	96	0	0.60	1.5	64.00	0.00	0.40	65.24	101.94	0.00
Whiskey	40.0%	98	0	0.60	1.5	65.33	0.00	0.40	65.24	99.86	0.00
Bacardi 151	75.5%	183	0	1.13	1.5	122.00	0.00	0.76	123.14	100.93	0.00
Gin	40.0%	116	0	0.60	1.5	77.33	0.00	0.40	65.24	84.36	0.00
Bailey's Irish Cream	17.0%	144	11	0.26	1.5	96.00	7.33	0.17	27.73	28.88	43.14