

# ALCOHOL % OF COMMON DRINKS



TYPES OF ALCOHOL	ALCOHOL (%)	KILOJOULES	CALORIES	SERVE
Pina colada with cream	> 2.5	1210	289	1 average cocktail
Cosmopolitan	> 25	630	151	1 average cocktail
rum and Coke (short glass)	30.6	500	119	1 average bar serve
schooner full-strength beer	4.9	684	163	450ml schooner
middy full-strength beer	4.9	433	103	285ml middy
schooner light beer	2.7	464	111	450ml schooner
middy light beer (low-alcohol)	2.7	294	70	285ml middy
low-carb beer (Pure Blonde)	4.6	444	106	355ml bottle
red wine	9.57	342	82	120ml glass
white wine, dry	9.3	341	81	120ml glass
sparkling wine, white	8.5	325	78	120ml glass
low-alcohol wine (white)	<6.5	204	49	120ml glass
non-alcoholic sparkling wine	<0.5	28.8	7	120ml glass
UDL - Vodka Orange	4.8	926	221	375ml can
Smirnoff twist	5	995	238	335ml bottle
Vodka Cruiser	5	734	175	275ml bottle
Vodka Cruiser (sugar-free)	5	322	77	275ml bottle
vodka and orange (tall glass)	30.5	566	135	1 average bar serve
scotch whisky and Coke	4.7	980	234	375ml can
scotch whisky (Jim Beam)	30.8	279	67	1 nip
gin and tonic	>40	460	110	1 average bar serve
port	14.2	360	86	60ml standard serve
Baileys on the rocks	17	504	120	1 37ml serving
butterscotch schnapps	15	301	72	1 shot (30ml)