

Carb Content of Some Alcoholic Beverages

Beers	Regular	341 mL (12 oz.)	12
	Light	341 mL (12 oz.)	6
	No alcohol	355 mL (~12 oz.)	9-17
	Low-carb	341 mL (12 oz.)	3
Spirits / strong alcohol	E.g., gin, rum, rye, scotch, whiskey, tequila	43 mL (1.5 oz.)	0
Liquors / alcoholic syrups	E.g., Tia Maria, Amaretto, Amarula	43 mL (1.5 oz.)	10-25
Wine	Dry - E.g., red, white, rosé	142 mL (5 oz.)	2-4
	Dessert - E.g., port, ice wine	142 mL (5 oz.)	18-21
	No alcohol	142 mL (5 oz.)	2
Wine and fruit coolers	Regular	355 mL (~12 oz.)	21-38
	Light	330 mL (~12 oz.)	1
Cocktails	Mojito (mint, sugar, brown rum, club soda)	250 mL	13
	Rum and coke (regular)	180 mL	15
	Piña colada (rum, coconut cream, pineapple juice)	200 mL	18
Carb Content of Some Sweet Drinks Used in Cocktails	Diet soda	250 mL (8 oz.)	0
	Regular soda	250 mL (8 oz.)	28
	Club soda	250 mL (8 oz.)	0
	Tonic water	250 mL (8 oz.)	23
	Orange juice	250 mL (8 oz.)	27
	Tomato juice	250 mL (8 oz.)	9
	Clamato juice	250 mL (8 oz.)	28