



Calorie Comparison – Alcoholic Drinks, Oranges and Chocolate Cream-Filled Biscuits

All alcoholic drinks contain calories in the form of sugars. Raw numbers often don't mean much, so here are various drinks compared to equivalent amounts of fruit (medium-sized oranges) and chocolate-coated and filled sweet biscuits (the great Australian favorite – Tim Tams) containing the same amount of calories.

The equivalents are, of course, approximate, due to rounding and variations in sugar content in biscuits and orange varieties.

Beverage	Serving Size (ml)	Calories (kCal)	Fruit Equivalent (orange)	Sweet Biscuit Equivalent (choc coated, filled)
Beer				
Light (2.7% alcohol)	355 ml	103	2.8	1.0
Regular strength (3.5% alcohol)	355 ml	153	4.3	1.5
Craft Beers (>5% alcohol)	355 ml	170-350	4.9- 9.8	1.8 – 3.6
Spirits				
Gin (80 proof)	45 ml	97	2.7	1.0
Gin (94 proof)	45 ml	116	3.2	1.2
Rum (80 proof)	45 ml	197	5.5	2.0
Rum (94 proof)	45 ml	116	3.2	1.2
Vodka (80 proof)	45 ml	97	2.7	1.0
Vodka (94 proof)	45 ml	116	3.2	1.2

Beverage	Serving Size (ml)	Calories (kCal)	Fruit Equivalent (orange)	Sweet Biscuit Equivalent (choc coated, filled)
Whiskey (84 proof)	45 ml	97	2.7	1.0
Whiskey (90 proof)	45 ml	116	3.2	1.2
Liqueur				
Coffee	45 ml	160	4	1.6
Coffee with milk	45 ml	154	4.4	1.7
Crème de menthe	45 ml	186	5	1.9
Cocktails				
Chocolate Martini	74 ml	419	11	4.2
Cosmopolitan	81 ml	146	4	1.5
Daiquiri	80 ml	137	3.8	1.4
Highball	235 ml	110	3.0	1.1
Mai Tai	145 ml	306	8.5	3
Margarita	120 ml	168	4.5	2
Mimosa	120 ml	75	2.0	0.75
Mojito	177 ml	143	4	1.5
Pina Colada	200 ml	526	15	5.3
Rum and Cola	235 ml	185	5.1	2.0
Rum And diet Cola	235 ml	100	3.0	1.0
Tequila sunrise	200 ml	232	6.5	2.4
Vodka Tonic	207 ml	189	5.25	2.0
Whiskey Sour	89 ml	125	3.5	1.5
White Russian	235 ml	568	16	6.0

Beverage	Serving Size (ml)	Calories (kCal)	Fruit Equivalent (orange)	Sweet Biscuit Equivalent (choc coated, filled)
Wine				
White table wine	300 ml	256	7	2.6
Gerwurtz traminer	300 ml	256	7	2.6
Muscat	300 ml	258	7	2.6
Riesling	300 ml	258	7	2.6
Chardonnay	300 ml	258	7	2.6
Sauvignon Blanc	300 ml	256	7	2.6
Pinot Grigio	300 ml	256	7	2.6
Dry Dessert Wine	300 ml	314	8	3.2
Red table wine	300 ml	250	7	2.6
Merlot	300 ml	250	7	2.6
Cabernet Sauvignon	300 ml	244	6	2.4
Red Zinfandel	300 ml	258	7	2.6
Burgundy	300 ml	244	6	2.4
Pinot Noir	300 ml	242	6	2.4
Claret	300 ml	244	6	2.4
Syrah	300 ml	244	6	2.4
Red Dessert Wine	300 ml	330	9.2	3.4

Calorie values of Australian Beers

Full Strength

At 98 calories per 375ml serve (or 92 calories per 355ml bottle), Pure Blonde is the lowest calorie full-strength Australian beer.

Beer	Calories per 375ml glass	Fruit Equivalent (orange)	Sweet Biscuit Equivalent (choc coated, filled)
Pure Blonde	98	2.7	1
Hahn Super Dry	113	3.1	1.1
Iron Jack	114	3.1	1.1
Great Northern	117	3.2	1.2
Carlton Dry	125	3.4	1.3
James Squires 150 Lashes	126	3.5	1.3
Coopers Pale Ale	130	3.6	1.3
Tooheys Extra Dry	133	3.7	1.3
Tooheys Old	136	3.7	1.4
Resch's Draught	138	3.8	1.4
Carlton Draught	139	3.8	1.4
Tooheys New	142	3.9	1.4
Victoria Bitter	151	4.2	1.5

VB is the highest calorie Australian beer, but it is also the highest alcohol content at 5.0% compared to others that hover between 4.2% and 4.6%.

Mid-Strength

Mid-strength beers are generally lower in calories than are full-strength beers due to the alcohol content.

Beer	Calories per 375 ml glass	Fruit Equivalent (orange)	Sweet Biscuit Equivalent (choc coated, filled)
Iron Jack Crisp	95	2.6	1
Great Northern Super Crisp	100	2.8	1
XXXX	110	3	1.1
Hahn Ultra Crisp	113	3.1	1.1

Sources:

NCHS data brief 2012 (110) 1-8; Medline Nielson SJ 2007; The Man Shake magazine.