

Drinking at the Holidays

Drinking at holiday parties can pack on the calories if you are not careful. Knowing what you're up against can help you make a plan.

There are 7 calories per gram of alcohol; therefore higher proof liquor has more calories because there are more grams of alcohol.

You can not save up your wine per day and splurge all at one time

Drinks and Calories:

Eggnog w/o rum has 343 calories per 8 oz or 43 calories per oz.

Eggnog with rum has 475 calories per 9 oz or 53 calories per oz.

According to the Beer100 web site the most calories from a 12 oz bottle of beer was 312 calories for a specialty beer but not an import and the least calories from a 12 oz bottle of beer was 55 calories.

The average 12 oz beer has around 145 calories

The average light 12 oz beer has around 100 calories

According to calorie king web site wine can range from 14 calories per oz for light wine to 47 calories per oz for dessert wines.

The average table wine is about 25 calories per oz. or 125 calories per 5 oz class

Mulled or spiced wine averages 57 calories per oz.

Mixed drinks can be very tricky when it comes to calories. You have to consider the amount of alcohol and proof of alcohol used. **Keep in mind that there is a difference of about 9 to 10 calories per oz between 80 proof and 90 proof and 90 proof and 100 proof.**

Mixed drinks can contain calories from sugar and/or fat, as well as alcohol.

According to the website dwlz.com **mixed drinks can have as high as 500+ calories or as low as 65 calories.**

Watch out for drinks with extra sugar, dairy, mixers, extra of shots of alcohol, and higher proof alcohol.

Watch the amount that you drink. Keep in mind that if you drink 5 to 6 light beers that can add up the calories as well.

<http://www.beer100.com/beercalories.htm>

<http://www.nal.usda.gov/fnic/foodcomp/search/>

<http://www.thedailyplate.com/nutrition-calories/food/generic/eggnog>

<http://www.calorieking.com/>

<http://www.dwlz.com/WWinfo/liquor.html>

http://www.ehow.com/how_2273137_calculate-calories-mixed-drinks.html