

# health link

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## It's the Season!

It's around this time of year that I find myself answering the popular question, which alcoholic beverage has the least amount of calories? It's good to plan out your party strategy and set some limits for yourself. The calories from alcohol are easily stored as body fat and alcohol has been found to be an appetite stimulant, causing you to consume more calories from food. So, it does require some careful planning if your goal is weight loss or maintenance.

I have included the following list from the Canadian Diabetes Association. Make sure you pay attention to the serving size. This list provides the calories for a bottle of beer (12 oz) but a draft beer is 20 oz. Also, it lists a glass of wine as 5 oz (156 ml), but most restaurant servings look larger than that to me. One bottle of wine is 750 ml (24 oz). According to their serving size, there would be 4.8 glasses of wine in one bottle.

As well as the calorie level you should consider how much you will consume of a particular drink. For example, if you find you would consume several gin and tonics during the course of time that you can nurse one glass of wine this is another consideration. If you pay attention to your intake you can hopefully



What is a "standard drink"?

1 standard drink  
(13.6 g of alcohol):



**Beer**  
360 mL (12 fl.oz)  
of regular strength  
beer (5% alcohol)



**Spirits**  
45 mL (1.5 fl.oz)  
of spirits  
(40% alcohol)



**Wine**  
150 mL (5 fl.oz)  
of wine  
(12% alcohol)

Note: If you are carbohydrate counting, do not take insulin for the carbohydrate content of alcoholic drinks.

 Canadian  
Diabetes  
Association

Carbohydrate and calorie content in some common alcoholic beverages and mixes (The amounts listed are a general guide only)

Beverage	Standard serving size	Energy (kcal)	Carbohydrate content (g)
Beer: regular	360 mL (12 fl.oz)	140	10
light	360 mL (12 fl.oz)	100	5
non-alcoholic*	360 mL (12 fl.oz)	50-75	11-15
low carb*	360 mL (12 fl.oz)	90-97	2.5
Spirits/Hard liquor:	45 mL (1.5 fl.oz)	98	0
Liqueurs & Cordials:	45 mL (1.5 fl.oz)	163-190	17-21
Wine: regular	150 mL (5 fl.oz)	102-108	1-2.5
dessert	150 mL (5 fl.oz)	231-243	17-21
non-alcoholic	150 mL (5 fl.oz)	9	1.6
Cooler: regular**	360 mL (12 fl.oz)	310	48
light**	360 mL (12 fl.oz)	210	26
Mixes:			
Sugar free pop	240 mL (8 fl.oz)	2	0.2
Regular pop	240 mL (8 fl.oz)	84-120	22-31
Club soda	240 mL (8 fl.oz)	0	0
Tonic water	240 mL (8 fl.oz)	84	22
Orange juice	240 mL (8 fl.oz)	110	25
Tomato juice	240 mL (8 fl.oz)	41	9
Tomato and clam juice <sup>†</sup>	240 mL (8 fl.oz)	116	26

Reference: Canadian Nutrient File, 2005 \* Actual labels \*\* Manufacturer <sup>†</sup>USDA, 2004 (Release 17)

[www.diabetes.ca](http://www.diabetes.ca)

make it through this busy festive season with no additional weight gain. Hitting the gym for some extra workouts can also be an effective strategy to help keep things in check.

My recommendation for a low calorie drink: white wine Spritzer (white wine mixed with soda water).

Happy Holidays!

  
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Cambridge Group of Clubs

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