

How Many Calories Are In Your Alcoholic Drink?

<u>Beverage</u>	<u>Serving Size</u>	<u>Calories</u>
Margarita	12 oz	750
Martini	4 oz	275
Daiquiri	12 oz	675
Pina Colada	12 oz	655
Fuzzy Navel	10 oz	445
Long Island Iced Tea	10 oz	580
Wine	8 oz	80
Beer	12 oz	145

How Many Calories Make Up 1 Pound?

It takes 3500 extra calories to gain a pound.

Therefore...

500 extra calories a day for one week will cause you to gain one pound per week.

Or...

500 calories less per day for one week will cause you to lose one pound per week.

If you drink 2 Martinis daily for one month, you will have consumed **16,500 extra calories.**

If you drink 2 Martinis daily for a year, you will have consumed **198,000 extra calories.**

Enough extra calories to gain 56.6 pounds in 1 year!

(If you change to water or unsweetened tea you could lose 56.6 pounds in 1 year!)