

The “extras” of Wining and Dining

1 gram alcohol	= 7 calories
1 gram fat	= 9 calories
1 gram protein	= 4 calories
1 gram carbohydrate	= 4 calories

Gin, 90 proof 1.5 oz jigger	= 110 calories
Rum, 80 proof 1.5 oz jigger	= 97 calories
Vodka, 80 proof 1.5 oz jigger	= 97 calories
Whiskey, 86 proof 1.5 oz jigger	= 105 calories

Drink:

Calories:

Regular Beer (12 oz)	146
Beer, Light (12 oz)	100
Beer, nonalcoholic (12 oz)	72
Bloody Mary (10 oz)	230
Bourbon & soda (4 oz)	105
Daiquiri cocktail (8 oz)	450
Gin & tonic (7.5 oz)	171
Manhattan (4 oz)	250
Martini (5 oz)	300
Pina colada (9 oz)	500
Screwdriver (7 oz)	175
Tom Collins (7.5 oz)	121
Whiskey sour (4 oz sour, 3 oz whiskey)	300
Wine cooler (12 oz)	250
Wine, dessert, dry (6 oz)	225
Wine, dessert, sweet (6 oz)	270
Wine, table, red (7 oz)	150
Wine, table, white (7 oz)	140
Egg nog (1/2 cup)	171
Light egg nog (1/2 cup)	120

Calorie Traps

Snacks & Side Dishes (>500 calories):

Blueberry, bran or cranberry muffin	500	
Danish	500	
Sbarro's Pepperoni Pizza (1 slice)	510	
Starbucks Cinnamon Scone	530	
TCBY 96% Fat Free Frozen Yogurt (large) in Waffle Cone	530	
Baked potato with cheese, sour cream, butter, & bacon bits	600	
Chocolate chip muffin		600
French fries (2 cups)	600	
Starbucks White Chocolate Mocha (venti)	600	
Cinnabon cinnamon roll		670
Ben & Jerry's Vanilla (regular) in Chocolate-Dipped Waffle Cone	710	
Movie theater popcorn, no butter (medium—15 cups)	900	
Cookie Dough Blizzard (regular)	950	

Dinners & Entrees (>1,000 calories):

Chicken chow mein with rice (5 cups)		1,000
Lasagna (2 cups)		1,000
Shrimp in garlic sauce with rice (3-1/2 cups)	1,000	
Sirloin steak, Caesar salad, baked potato with sour cream	1,000	
Supreme pizza (4 slices, hand-tossed crust)		1,100
Spaghetti with meatballs (3-1/2 cups)		1,200
Chicken enchiladas (2) with rice & refried beans		1,300
Fettuccine Alfredo (2-1/2 cups)		1,500
Fried fish dinner with french fries & coleslaw		1,600
Kung pao chicken with rice (4-1/2 cups)		1,600
Chicken fajitas (w/ tortillas, rice, beans, sour cream & guacamole)		1,700
Prime rib, Caesar salad, baked potato with butter		1,700

Appetizers & Desserts (>1000 calories):

Fudge brownie sundae (10 oz.)		1,100
Stuffed potato skins with sour cream		1,300
The Cheesecake Factory Blackout Cake (1 slice)		1,500
Bloomin'-onion-style appetizer with dipping sauce	2,100	
Cheese fries with ranch dressing		3,000

Source: Center for Science in the Public Interest (CSPI)