# RETHINK calories YOUR DRINK\*

# **ALCOHOLIC DRINKS**

Liquids make up 22% of calories in the average American's diet.

Mai Tai, \_\_\_\_\_

**800 Calories** 

600

400

### LIGHT BEER:

Drink 5 of these a week and you'll gain 7 lbs in a vear! \*



### JUMBO MARGARITA:

Drink 1 of these each week and you'll gain 10 lbs in a year!\*

Vodka + Cranberry, 8 oz –



## VODKA CRANBERRY:

Drink 3 of these each week and you'll gain 11 lbs in a year!\*

Hard Cider, 12 oz —

Moscow Mule, 8 oz —

Red Wine, 5 oz — White Wine, 5 oz

200

Long Island Iced Tea, 8 oz

Jumbo —— Margarita, 12 oz

Pina ——— Colada, 8 oz

Chocolate
Martini,
6 oz

Amaretto
Sour, 8 oz

— Craft Beer, 12 oz

Rum/Whiskey +
Pepsi, 8 oz

— Dark Beer, 12 oz

— Budweiser, (regular beer) 12 oz

Light Beer, 12 oz Wine

Spritzer,

\* When consumed as excess calories

**O Calories** 



STUDENT HEALTH SERVICES