

# Alcoholic Beverages

All of these beverages are considered liquids and must be added into your daily fluid allotment. Consult with your doctor before consuming any of these beverages.

| Alcoholic Beverage                     | Serving Size | Calories (kcal) | Carbohydrates (g) | Phosphorus (g) | Potassium (mg) | Sodium (mg) |
|--|--------------|-----------------|-------------------|----------------|----------------|-------------|
| Beer, Light                            | 12 fl oz     | 103             | 6                 | 43             | 74             | 14          |
| Beer, Regular                          | 12 fl oz     | 153             | 13                | 50             | 96             | 14          |
| Beer, Nonalcoholic                     | 12 fl oz     | 133             | 29                | 58             | 29             | 47          |
| Wine, Red                              | 5 fl oz      | 125             | 4                 | 34             | 187            | 6           |
| Wine, White                            | 5 fl oz      | 121             | 4                 | 27             | 104            | 7           |
| Wine, Sweet Dessert                    | 3.5 fl oz    | 165             | 14                | 9              | 95             | 9           |
| Gin 90 proof                           | 1.5 fl oz    | 111             | 0                 | 0              | 0              | 1           |
| Rum 80 proof                           | 1.5 fl oz    | 97              | 0                 | 2              | 1              | 0           |
| Vodka 80 proof                         | 1.5 fl oz    | 97              | 0                 | 2              | 0              | 0           |
| Whiskey 86 proof                       | 1.5 fl oz    | 105             | 0                 | 1              | 0              | 0           |
| Daiquiri, prepared from recipe         | 4 fl oz      | 223             | 8                 | 6              | 25             | 6           |
| Margarita, from mix/without extra salt | 4 fl oz      | 246             | 16                | 6              | 23             | 434         |
| Pina Colada, prepared from recipe      | 4.5 fl oz    | 245             | 32                | 10             | 100            | 8           |
| Tequila Sunrise, canned                | 6.8 fl oz    | 232             | 24                | 21             | 21             | 120         |
| Whiskey Sour, canned                   | 6.8 fl oz    | 249             | 28                | 13             | 23             | 92          |
| Eggnog, alcoholic                      | 8 fl oz      | 392             | 38                | 241            | 241            | 73          |

