

# Calories, Alcohol And the Cheeseburger Challenge

Eating a well-balanced diet is very important to our health and well-being and doing so can be a challenge for college students. Alcohol is considered empty calories because it has little nutritional value. Drinking less alcohol, or none at all, is a good idea for many reasons. One of those is certainly avoiding the empty calories. So, take the cheese burger challenge...how do you stack up?

## Ever looked at the nutrition label of your alcohol?

The caloric content on alcoholic drinks is quite scary. A bottle of beer contains an average of 150 calories. Mixed drinks contain double the amount for the same size drink. Shots may be small but have loads of calories for only 1 ounce.

Alcoholic beverages give you calories without the nutrition. Your body processes alcohol first, before fat, protein, or carbohydrates. Thus, **drinking slows down the burning of fat.**

If heavy drinkers are getting their calorie content from alcohol, they are not getting the nutrition needed to stay healthy.

## Calorie count:

### 12 oz. beer contains an avg. of 150 calories

Budweiser	140 calories
Corona	105 calories
Miller Lite	96 calories
Guinness	110 calories
Yuengling	135 calories

### One shot (1 oz.) contains an avg. of 80 calories

Vodka	65 calories
Rum	80 calories
Tequila	100 calories

### Mixed drinks can contain over 400 calories

Martini (5 oz.)	300 calories
Screwdriver (7 oz.)	175 calories
Tequila Sunrise (3.5oz.)	190 calories
Margarita (12 oz.)	450 calories
Pina Colada (8 oz.)	465 calories
White Russian (3.5oz.)	270 calories

#### What you could eat instead of 1 beer:

- ◆ Large glass (12 oz.) of Orange Juice
- ◆ or one soy burger
- ◆ or 6.6 cups of mixed green salad
- ◆ or 88 long (4") green beans



## Alcohol Compared to McDonalds

1 cheeseburger = 300 calories



**Alcohol**  
1 Vodka shot (1oz.)



**Cheeseburgers**  
1/3 cheeseburger



1 Beer (12 oz. each)



1/2 cheeseburger



White Russian (3.5 oz.) 1 cheeseburger



Pina Colada (8 oz.)



1 1/2 cheeseburgers



2 Martinis (5 oz.)



2 cheeseburgers



2 Margaritas (12 oz.)



3 cheeseburgers



In One Week

How many cheeseburgers do you drink?

Find out at

<http://www.iup.edu/atod/services>

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Alcohol, Tobacco, and Other Drugs Program