

# Alcohol Calories and Units



**Spirits 40%**  
**1 shot (25ml)**  
**61 calories**  
**1 unit**

**Alcopop 4%**  
**1 bottle**  
**(275ml)**  
**171 calories**  
**1.1 units**



**Cider 4.5%**  
**1 pint**  
**210 calories**  
**2.6 units**



**Beer 4%**  
**1 pint**  
**180 calories**  
**2.3 units**



**Wine 13%**  
**1 large glass**  
**(250ml)**  
**228 calories**  
**3.3 units**



**Double Vodka & Coke**  
**1 glass**  
**168 calories**  
**2 units**

**Double Gin & Tonic**  
**1 glass**  
**153 calories**  
**2 units**



# Alcohol And Nutrition

**Minjie Lin**



## **Alcohol And Nutrition:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Alcohol And Nutrition** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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