Bacon & Booze: The Low-Carb Alcohol Cheat Sheet

by the
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Can I drink booze while trying to be low-carb or keto? Sure! Provided you have no medical conditions th

Bear in mind that alcohol IS caloric. Your body has no mechanism to store the energy in alcohol, so you

And now, the cheat sheet:

STRAIGHT LIQUOR

- UNSWEETENED Vodka, rum, gin, tequila, whiskey, scotch, brandy, cognac (80 proof): 0g carbs, 64 calories PER OUNCE. A shot/jigger is 1.5 oz, or 96 calories.
- Mix any of the above with water, club soda, or diet soda to keep the 0g carbs. Tonic contains sugar and carbs! Martini lovers: be advised that dry vermouth contains carbs, so order ‘em extra dry. The few drops probably won’t hurt.
- Liquers, like amaretto, Jagermeister, Grand Marnier, curacao, cordials, sweet vermouth, limoncello, etc (basically anything sweet) contain sugars. Not always drank on their own, but they frequently sneak their way into cocktails.

WINE

Wines can vary based on any number of factors, but here are some averages:

Reds (5 oz. serving):

- Merlot: 120 calories, 3.7 carbs
- Pinot Noir: 121 calories, 3.4 carbs
- Cabernet: 120 calories, 3.8 carbs

Whites (5 oz. serving):

- Chardonnay: 118 calories, 3.7 carbs
- Pinot Gris/Grigio: 122 calories, 3.2 carbs
- Riesling: 118 calories, 5.5 carbs
- Champagne/Sparkling whites: 96 calories, 1.5 carbs
- Dessert wines, ports, and sherries are sweetened and should be avoided.

BEER

Unfortunately for beer fans, most of the good stuff is very high in carbs and calories. Especially anything red, amber, or dark. But all is not lost: some lighter beers are ok to drink.

Per 12 oz. serving… careful with the pints!

- Bud Select 55: 55 calories, 1.9 carbs
- MGD 64: 64 calories, 2.4 carbs
- Rolling Rock Green Light: 92 calories, 2.4 carbs
- Michelob Ultra: 95 calories, 2.6 carbs
- Bud Select: 99 calories, 3.1 carbs
- Miller Lite: 96 calories, 3.2 carbs
- Natural Light (for low-carb/keto frat guys): 95 calories, 3.2 carbs
- Michelob Ultra Amber: 114 calories, 3.7 carbs
- Coors Light: 102 calories, 5 carbs
- Amstel Light: 95 calories, 5 carbs
- Bud Light: 110 calories, 6.6 carbs

Miller Lite, Bud Select, and Mich Ultra are probably the winners in terms of carbs:taste ratio.

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