

The Ultimate Low Carb Alcohol Guide



Alcohol Quick Facts

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- Pure alcohol contains **seven calories** per gram
 - Alcohol is viewed by the body as a '**toxin**' and not a nutrient
 - Alcohol cannot be stored by the body
 - Alcohol impairs the hormone glucagon and **stops fat burning**
 - Alcohol will most likely temporarily kick you **out of ketosis**
 - Alcohol **stimulates hunger** and cravings
 - Calories from alcohol are preferentially burned and so anything else you've eaten won't be used up until the alcohol calories have been
 - Alcohol tends to come with **fattening** things - think 'Rum and coke'; 'Vodka and OJ'; 'Beer and chips'
 - Some drinks are very high in carbs yet others have no carbs at all. Drinks should be **chosen carefully**
 - Sharing a drink with friends is sociable, relaxing and enjoyable and may even have some **positive health benefits** (stress management, human connection etc)
 - How much alcohol or how often to drink (if at all) is ultimately a personal choice

Alcohol Quick Reference Guide

Drink	Serving Size (ml)	Carb Content (g)
Distilled Spirits	"Shot" = 45ml	
Gin, Rum, Vodka, Whiskey, Tequila, Congac, Brandy		Zero carbs
Beer	350ml	
Regular Beer		12.6g
Light Beer		5.8g
Low carb Beer		2.3g
Note: Darker beers are generally higher in carbs. Slight variations exist from brand to brand		
Wine	150ml	
Cabernet Sauvignon		3.8g
Merlot		3.7g
Pinor noir		3.4g
Shiraz		3.8g
Chardonnay		3.4g
Pinot grigio		3.0g
Riesling		5.5g
Dessert Wine (port, sherry)		20g+
Sauvignon blanc		3.0g
Moscato/Muscat		7.8g
Dry Champagne		4.0g
Sweet sparkling		11g+
Cider	350ml	
Regular cider		20-25g
Low carb cider		2.5-5.0g

Alcohol Quick Reference Guide

Drink	Serving Size (ml)	Carb Content (g)
Liqueurs	37ml	
Frangelico		11g
Amaretto		17g
Baileys		7.4g
Cointreau		7g
Kailua		15g
Peach Schnapps		8g
Cocktails		
Margarita	240ml	13g
Bloody Mary	240ml	10g
Whiskey Sour	105ml	14g
Sangria	240ml	27g
Pina Colada	133ml	32g
Cosmopolitan	105ml	22g
Gin & Tonic	240ml	16g
Vodka & OJ	240ml	27g
Rum & Coke	240ml	39g
Skinny Bitch	See details below	1g
Dry Martini	See details below	1g
Wine Spritzer	See details below	2-5g

- Skinny Bitch" = 45ml vodka, sparkling water + lemon or lime juice + ice
- Dry Martini = 15ml extra dry vermouth + 75ml gin + olives
- Wine Spritzer = 150ml dry wine + sparkling water



Strawberry Margaritas

Makes 2 large margaritas

7g carbs per serve



- 2 cups ice
- 1 cup sliced strawberries
- 1/4 cup freshly squeezed lime juice
- 120ml tequila
- 1-2 tbsp fine erythritol
- 2 lime wedges
- 1 tsp granulated erythritol for rimming
- 2 strawberries

- In a blender, combine ice, strawberries, lime juice, tequila and fine erythritol. Blend until smooth
- Run a lime wedge around the rim of two cocktail glasses. Place granulated erythritol in a shallow dish and run the rim of the glass through the sweetener
- Divide margaritas between prepared glasses. Garnish with lime wedges and strawberries

Cucumber Mojitos

Makes 1 Mojito

1.8g carbs

- 5 thin slices of English cucumber + extra for garnish
 - 8 fresh mint leaves + extra for garnish
 - 1/2 lime, cut into 4 wedges
 - 1 tbsp fresh lime juice
 - 2 tbsp erythritol
 - 60ml white rum
 - 150ml soda water
 - Ice cubes
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- Fill a large glass with ice
 - Add the cucumber, mint, lime, lime juice and erythritol to a cocktail shaker and combine
 - Add the rum and shake
 - Pour the mixture over ice.
 - Top with soda water
 - Garnish with a sprig of fresh mint and a slice of cucumber