

Health & Wellness Tip of the Week

Week 49
December 3, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

The Cross and Blue Shield of Texas, a Division of Health Care Service Corporation
Member of the American Cross and Blue Shield Companies

Don't Forget that Cocktails Count when it Comes to your Holiday Calories

For some, the holidays wouldn't be as joyful without enjoying drinks with alcohol. But long after the fun of cocktails with friends wears off, our waistlines can carry the results long into the new year.

Here are normal calorie counts for popular drinks. Keep in mind, portions in the spirit of the season can have higher amounts of alcohol and calories:

- 12 oz. serving of beer: 153 calories (regular), 103 calories (light)
- 5 oz. red wine: 125 calories
- 5 oz. white wine: 121 calories
- 4 oz. champagne: 84 calories
- 1.5 oz. serving of gin, rum, vodka, whiskey or tequila: 97 calories
- 2.25 oz. martini: 124 calories (traditional), 139 calories (extra dry)
- 2.75 oz. cosmopolitan: 146 calories
- 4 oz. margarita: 168 calories

Source: National Institutes of Health

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