



# HOW TO CALCULATE ALCOHOL

Alcohol is actually its own macronutrient and contains 7 calories per gram. However, it is not an essential macronutrient and therefore not regulated by the FDA, so nutrition labels aren't accurate for when you're counting macros. Use the formulas below to stay on track! if you need help creating a Custom Food for your drink, reach out to StaxChat!

## As Carbs

$$\text{Total Calories} \div 4$$

**Ex:**  
120 calories  $\div$  4 =  
**30g carbs**

## As Fats

$$\text{Total Calories} \div 9$$

**Ex:**  
120 calories  $\div$  9 =  
**13g fats**

## As Both

$$\begin{aligned} &\text{Portion of} \\ &\text{Calories} \div 4 \\ &\text{plus} \\ &\text{Portion of} \\ &\text{Calories} \div 9 \end{aligned}$$

**Ex:**  
60 calories  $\div$  4 =  
**15g carbs**  
60 calories  $\div$  9 =  
**7g fat**

### QUICK GUIDE TO COUNTING ALCOHOL MACROS

ALCOHOL	QTY	CAL	FOR CARBS (g)			FOR FAT (g)		
			C	P	F	C	P	F
Light Beer (3.5%ABV or less)	12 oz	104	26	0	0	0	0	12
Beer (avg 5.5% ABV)	12 oz	154	39	0	0	0	0	17
Cider	12 oz	175	44	0	0	0	0	19
White Wine	5 oz	120	30	0	0	0	0	13
Red Wine	5 oz	125	31	0	0	0	0	14
Champagne	4 oz	90	23	0	0	0	0	10
Vodka	1 oz	64	16	0	0	0	0	7
Tequila	1 oz	69	17	0	0	0	0	8
Whiskey	1 oz	70	18	0	0	0	0	8
Scotch	1 oz	64	16	0	0	0	0	7
Rum	1 oz	64	16	0	0	0	0	7
Gin	1 oz	73	18	0	0	0	0	8
Bourbon	1 oz	64	16	0	0	0	0	7

*\*\*The above graph is based on average calories.*