

Carbs in Alcoholic Beverages



Welcome to your go-to guide for balancing the joy of sipping on your favorite drinks with the commitment to a low carb lifestyle! Whether you are a wine aficionado, a cocktail enthusiast, or a beer buff, this guide was designed to help you make choices that align with your low carb goals.

Beer (12 oz)

Athletic Brewing 10-25g
Blue Moon 14g
Budweiser 11g
Bud Light 7g
Coors 12g
Coors Light 5g
Corona Extra 14g
Guinness 10g
Heineken 11g
IPAs 10-20g
Labatts 9g
Michelob Ultra 3g
Miller Light 3g
Modelo 14g
Molson 10g
Sam Adams Lager 17g
Stella Artois 11g
Yuengling Lager 12g



Hard Cider (12 oz)

1911 Original 18g
1911 Flavored 18-21g
Angry Orchard 22g
Downeast Unfiltered 19g



Hard Seltzer (12 oz)

Bud Light Seltzer 1g
Michelob Ultra Organic 0g
Topo Chico 2g
Truly 2g
White Claw 2g
Vizzy 2g



Spirits (1.5 oz)

Brandy 0-3g
Gin 0g
Rum 0g
Spiced Rum 1g
Tequila 0g
Vodka 0g
Whiskey/Bourbon 0g



Wine (5 oz)

Red 3-6g
White 3-6g
Rose 3-6g
Sangria 19g
Sparkling 1-4g
Fortified 16-20g



Cocktails (5 oz)

Bloody Mary 4g
Cosmopolitan 9g
Daiquiri 7g
Daiquiri (frozen) 4g
Mai Tai 9g
Manhattan 4g
Margarita 13g
Margarita (frozen) 4g
Martini 1g
Mimosa 11g
Mojito 4g
Old Fashioned 21g
Pina Colada 21g
Whiskey Sour 8g



Liqueurs (1.5 oz)

Amaretto 15g
Baileys 11g
Cointreau 15g
Creme de Menthe 21g
Curacao 15g
Fireball 11g
Jagermeister 6g
Kahlua 24g
Schnapps 7g
Triple Sec 15g

Other (12 oz)

Arnold Palmer 28g
Arnold Palmer Lite 3g
Mike's Hard 33g
Mike's Zero Sugar 13g
Simply Spiked 19g
Smirnoff Ice 22g
Smirnoff Ice Light 2g
Twisted Tea 9g

Ranges provided for brands with several varieties.

Confirm with product labels when available.

Always drink responsibly.

