

[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.
- Liqueurs, 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):

Tuesday, 26 June 2012 12:14

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- Whites** (5 oz. serving):

- ## BEER

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.

[Read the full article](#)