Drink Strength, Calories and Units Cheat Sheet

Alcohol strength, calories, sugar and standard drinks per serving · built 2 Nov 2026 · drinkstype.com

How to read this chart. US standard drink = 14 g pure alcohol (NIAAA). UK unit = 8 g pure alcohol = 10 ml (UK Chief Medical Officers). Typical-drink rows are USDA generic products, not brands. Brand rows come from the maker page or label we read on the date shown. Where a value is "-" the source does not give it. We do not fill gaps with guesses.

Typical drinks (USDA FoodData Central; soft drinks included for comparison)

Drink	ABV	Serving	Calories	Sugar (g)	US std drinks	UK units	Source and date read
Coffee liqueur (53 proof, typical)	26.5%	1.5 fl oz serving	175	19.9	0.81	1.41	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Coffee liqueur (63 proof, typical)	31.5%	1.5 fl oz serving	160	16.7	0.96	1.69	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Coffee liqueur with cream (34 proof, typical)	17%	1.5 fl oz serving	154	9.3	0.46	0.81	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Vodka (80 proof)	40%	1.5 fl oz shot	97	0.0	1.00	1.75	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Rum (80 proof)	40%	1.5 fl oz shot	97	0.0	1.00	1.75	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Whiskey (86 proof)	43%	1.5 fl oz shot	105	0.0	1.08	1.89	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Gin, rum, vodka or whiskey (80 proof)	40%	1.5 fl oz shot	97	0.0	1.00	1.75	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Red table wine	-	5 fl oz glass	125	0.9	1.11	1.95	USDA FoodData Central, SR Legacy, read 31 Oct 2026
White table wine	-	5 fl oz glass	120	1.4	1.08	1.89	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Sweet dessert wine	-	3.5 fl oz glass	165	8.0	1.13	1.98	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Dry dessert wine	-	3.5 fl oz glass	157	1.1	1.13	1.98	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Regular beer	-	12 fl oz can	153	0.0	0.99	1.74	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Ginger ale	-	12 fl oz can	124	32.6	0.00	0.00	USDA FoodData Central, SR Legacy, read 31 Oct 2026
Root beer	-	12 fl oz can	152	39.2	0.00	0.00	USDA FoodData Central, SR Legacy, read 31 Oct 2026

Typical drinks (USDA FoodData Central; soft drinks included for comparison)

Drink	ABV	Serving	Calories	Sugar (g)	US std drinks	UK units	Source and date read
Cola (regular)	-	12 fl oz can	155	36.8	0.00	0.00	USDA FoodData Central, SR Legacy, read 31 Oct 2026

Brands (maker pages and labels)

Drink	ABV	Serving	Calories	Sugar (g)	US std drinks	UK units	Source and date read
Kahlúa Original (20% ABV, US/EU bottling)	20%	1.5 fl oz (44 ml) serving	119	17.7	0.50	0.88	Pernod Ricard e-label L00032 (Kahlúa Original 20%) and Kahlúa US FAQ (caffeine), read 31 Oct 2026
Baileys Original Irish Cream (17% ABV)	17%	50 ml serving (producer's serve)	157	9.0	0.49	0.85	Baileys product page (Baileys ROW), read 31 Oct 2026
Cointreau L'Unique (40% ABV)	40%	30 ml serving (producer's serving)	93	6.6	0.68	1.19	Cointreau FAQ (US site, read in Chrome), read 31 Oct 2026
Patrón Silver tequila (40% ABV)	40%	44 ml (1.5 fl oz) serving	98	0.0	0.99	1.74	Patrón Silver product page, read 31 Oct 2026
Tito's Handmade Vodka (40% ABV, 80 proof)	40%	1.5 fl oz (44 ml) serving	98	-	1.00	1.75	Tito's Contact & FAQs, read 31 Oct 2026

Print tip. Letter or A4, landscape. Stick it inside the cabinet or fridge door and write the date on every container you open.

More free charts on drinkstype.com: Home Bar Storage, Milk and Dairy, Juice, Soda and Water, Coffee and Tea, Strength, Calories and Units.

Sources (web addresses)

USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175097/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173665/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175098/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174818/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174817/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174819/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174815/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173190/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174837/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/173176/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/175112/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/168746/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174846/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/171871/nutrients
USDA FoodData Central, SR Legacy: https://fdc.nal.usda.gov/food-details/174852/nutrients
Pernod Ricard e-label L00032 (Kahlúa Original 20%) and Kahlúa US FAQ (caffeine): https://e-label.pernod-ricard.com/L00032
Baileys product page (Baileys ROW): https://www.baileys.com/en/products/baileys-original-irish-cream
Cointreau FAQ (US site, read in Chrome): https://www.cointreau.com/us/en/faq
Patrón Silver product page: https://www.patrontequila.com/en-gb/products/patron-silver.html
Tito's Contact & FAQs: https://www.titosvodka.com/contact-faqs