diabetic LIVING DRINK GUIDE

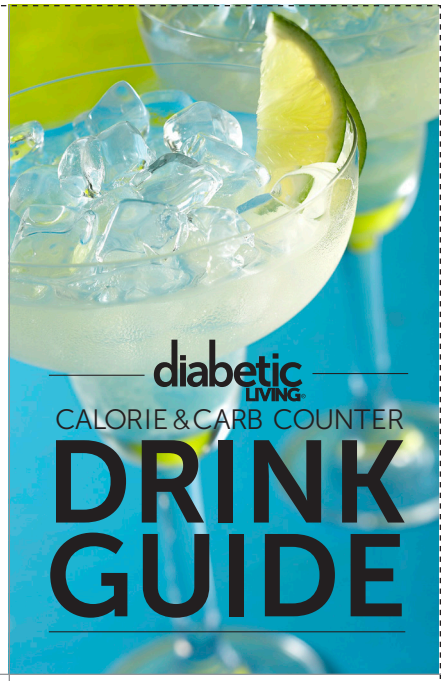
On generic listings, calorie and carbohydrate counts are an average of multiple brands. On brand listings, calorie and carbohydrate counts are based on manufacturer's information.

To use your pocket guide:
1. Cut along outer dotted line.
2. Fold on the gray lines.

Juice & Tea (8 oz.)	cal.	carb.
Apple juice	120	29 g
Cranberry cocktail	140	34 g
Lemonade	120	32 g
Lemonade, diet	10	2 g
Fruit punch	110	28 g
Fruit smoothie	110	27 g
Grape juice	170	42 g
Grapefruit juice	95	23 g
Orange juice	110	25 g
Orange drink	130	32 g
Tomato juice	50	10 g
Tea, sweetened	75	18 g
Tea, unsweetened	1	0 g
Snapple (average)	90	24 g
Snapple, diet	0	0 g

Coolers (12 oz.)	cal.	carb.
Bacardi Silver Sangria	270	41 g
Bacardi Sliver Raz	240	36 g
Bacardi Mojito	230	34 g
Daiquiri cooler	220	37 g
Hard lemonade	235	32 g
Hard lemonade, light	100	6 g
Jack Daniels Cola	234	34 g
Margarita cooler	260	46 g
Smirnoff (average)	200	36 g
Smirnoff Ice Light	95	12 g
Sparks	255	35 g
Sparks Light	135	4 g
TGI Fridays Margarita	240	39 g
TGI Fridays Mudslide	365	31 g
Wine cooler (average)	200	29 g

Cocktails (4 oz.)	cal.	carb.
Bloody Mary	125	7 g
Cosmopolitan	215	12 g
Long Island ice tea	270	32 g
Margarita	160	7 g
Mint julep	180	4 g
Mojito	160	21 g
Moscow mule	185	24 g
Piña colada	325	26 g
Red Bull & vodka	210	28 g
Sex on the beach	235	25 g
Screwdriver	160	15 g
Tom Collins	210	18 g
Vodka tonic	165	18 g
Whiskey sour	155	7 g
White Russian	240	7 g



Milk (8 oz.)	cal.	carb.
Milk (fat-free)	90	13 g
Milk (1%)	100	12 g
Milk (2%)	120	12 g
Milk (whole)	150	12 g
Almond milk	60	8 g
Chocolate milk (1%)	160	26 g
Chocolate milk (2%)	190	30 g
Goat's milk (1%)	100	11 g
Lactose-free (fat-free)	80	12 g
Rice milk	120	23 g
Soymilk (plain)	100	8 g
Soymilk (vanilla)	100	10 g
Soymilk (light)	100	10 g
Strawberry milk	200	22 g
Yoo-Hoo (9 oz.)	145	32 g

Coffee Drinks (8 oz.)	cal.	carb.
Black coffee	5	0 g
Café au lait	60	5 g
Caffe latte (fat-free)	70	10 g
Caffe latte (2% milk)	100	9 g
Cappuccino (fat-free)	50	8 g
Cappuccino (2% milk)	80	8 g
Frappuccino (12 oz.)	180	37 g
Irish coffee (whiskey)	205	4 g
Mocha (fat-free)	160	22 g
Mocha (whole milk)	200	22 g
+ flavor syrup (2 Tbsp.)	80	20 g
+ sugar-free syrup	0	0 g
+ half & half (2 Tbsp.)	40	1 g
+ light whip (2 Tbsp.)	15	1 g
+ sugar (1 teaspoon)	15	4 g

Beer (12 oz.)	cal.	carb.
Regular (average)	140	10 g
Light (average)	110	7 g
Amstel Light	95	5 g
Beck's Original	145	12 g
Blue Moon Belgian	165	13 g
Budweiser Original	145	11 g
Bud Select	100	3 g
Corona Light	105	5 g
Guinness Draught	125	10 g
Heineken Light	100	7 g
Michelob Ultra	85	3 g
Newcastle Brown	140	13 g
Rolling Rock	130	10 g
Sam Adams Light	120	10 g
Stella Artois	155	12 g

Wine (4 oz.)	cal.	carb.
Champagne	85	2 g
Cold Duck	110	8 g
Korbel, Brut	90	3 g
Flavored (Boone's)	80	10 g
Madeira	170	10 g
Mulled wine	180	20 g
Port	170	10 g
Red (Cab., Merlot)	100	4 g
Sake	120	5 g
Sherry	180	14 g
Sparkling	95	4 g
Vermouth, extra dry	130	4 g
Vermouth, sweet	180	16 g
White (Chard., Pinot)	95	4 g
Zinfandel, sweet	85	2 g