

ENERGY CONTENT IN BEVERAGES

Pay attention to the portion size and frequency of consumption



	Energy/portion kcal*)	
Red wine, dry white wine ½ bottle	265	
Cider, sweet, long drink, alcohol 4.7 vol-% 5 dl	255	
Juice drink, sweetened 5 dl	225	
Irish coffee 2 dl	220	
Beer III can/bottle 5 dl	215	
Soft drink, sweetened 5 dl	185	
Energy drink, sweetened 3.3 dl	165	
Cocoa, sweetened, semi-skimmed milk 2 dl	145	
Cafe latte, whole milk + 2 teaspoonfuls sugar 2.2 dl	140	
Beer III can/bottle 3,3 dl	140	
Orange juice 3 dl	135	
Whole milk 2 dl	125	
Cream liquor 4 cl	120	
Red wine, dry white wine 16 cl	110	
Cafe latte, unsweetened, whole milk 2.2 dl	100	
Cappuccino, whole milk + 1 teaspoonful sugar 1.7 dl	100	
Soft drink, sweetened 2.5 dl	95	
Semi-skimmed milk 2 dl	90	
Strong spirit 4 cl	90	
Juice drink, sweetened 2 dl	90	
1% milk 2 dl	85	
Red wine 12 cl	85	
1% buttermilk 2 dl	80	
Cider, light 2.5 dl	70	
Skimmed milk 2 dl	70	
Beer alcohol-free, can/bottle 3.3 dl	60	
Cafe latte, unsweetened, skimmed milk 2.2 dl	55	
Orange juice 1 dl	45	
Cappuccino, unsweetened, skimmed milk 1.7 dl	40	
Coffee + 2 teaspoonfuls sugar + 10 ml coffee cream 1.25 dl	40	
Flavoured water (contains fructose and acids) 2.5 dl	30	
Tea/coffee + 1 teaspoonful sugar 1.5 dl	15	
Water, mineral water 2 dl	0	
Flavoured water (only aromas, no acids) 2.5 dl	0	
Soft drink, light 2.5 dl	0	
Energy drink, light 2.5 dl	0	
Juice drink, light 2.5 dl	0	
Coffee 1.25 dl	0	
Tea 2 dl	0	

*) Source: www.fineli.fi