

It's ok to drink, but know how much work it is to get rid of it.

A 6-pack of Bud requires OVER 1 hour of running.

Drink	Calories	Amount	Exercise Calories/hour (130 lb Female)				
			Running (hard)	Running (easy)	Biking (hard)	Biking (easy)	Walking
			797	531	708	354	207
			Minutes of exercise (130 lb Female)				
			Running (hard)	Running (easy)	Biking (hard)	Biking (easy)	Walking
Beer							
Bud Lite	110	12 oz.	8.3	12.4	9.3	18.6	31.9
Budweiser	150	12 oz.	11.3	16.9	12.7	25.4	43.5
Coors	142	12 oz.	10.7	16.0	12.0	24.1	41.2
Coors Light	102	12 oz.	7.7	11.5	8.6	17.3	29.6
Sierra Nevada Stout	225	12 oz.	16.9	25.4	19.1	38.1	65.2
Miller Lite	96	12 oz.	7.2	10.8	8.1	16.3	27.8
Miller High Life	143	12 oz.	10.8	16.2	12.1	24.2	41.4
Liquor (Vodka, Whiskey, Rum, Tequila, etc)							
80 proof	100	1.5 oz.	7.5	11.3	8.5	16.9	29.0
100 proof	124	1.5 oz.	9.3	14.0	10.5	21.0	35.9
Wine							
White wine	120	6 oz.	9.0	13.6	10.2	20.3	34.8
Red wine	128	6 oz.	9.6	14.5	10.8	21.7	37.1
Dessert wine	270	6 oz.	20.3	30.5	22.9	45.8	78.3
Champagne	163	6 oz.	12.3	18.4	13.8	27.6	47.2
Mixers							
Gin/Vodka & Diet Tonic	100		7.5	11.3	8.5	16.9	29.0
Gin/Vodka & Tonic	200		15.1	22.6	16.9	33.9	58.0
Rum and Diet Coke	110		8.3	12.4	9.3	18.6	31.9
Rum and Coke	240		18.1	27.1	20.3	40.7	69.6
Soda water (only)	0						
Tonic water (only)	90		6.8	10.2	7.6	15.3	26.1
Ginger ale (only)	90		6.8	10.2	7.6	15.3	26.1

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Drink	Calories	Amount	Exercise Calories/hour (190 lb Male)				
			Running (hard)	Running (easy)	Biking (hard)	Biking (easy)	Walking
			1165	776	1035	518	302
			Minutes of exercise (190 lb Male)				
			Running (hard)	Running (easy)	Biking (hard)	Biking (easy)	Walking
Beer							
Bud Lite	110	12 oz.	5.7	8.5	6.4	12.7	21.9
Budweiser	150	12 oz.	7.7	11.6	8.7	17.4	29.8
Coors	142	12 oz.	7.3	11.0	8.2	16.4	28.2
Coors Light	102	12 oz.	5.3	7.9	5.9	11.8	20.3
Sierra Nevada Stout	225	12 oz.	11.6	17.4	13.0	26.1	44.7
Miller Lite	96	12 oz.	4.9	7.4	5.6	11.1	19.1
Miller High Life	143	12 oz.	7.4	11.1	8.3	16.6	28.4
Liquor (Vodka, Whiskey, Rum, Tequila, etc)							
80 proof	100	1.5 oz.	5.2	7.7	5.8	11.6	19.9
100 proof	124	1.5 oz.	6.4	9.6	7.2	14.4	24.6
Wine							
White wine	120	6 oz.	6.2	9.3	7.0	13.9	23.8
Red wine	128	6 oz.	6.6	9.9	7.4	14.8	25.4
Dessert wine	270	6 oz.	13.9	20.9	15.7	31.3	53.6
Champagne	163	6 oz.	8.4	12.6	9.4	18.9	32.4
Mixers							
Gin/Vodka & Diet Tonic	100		5.2	7.7	5.8	11.6	19.9
Gin/Vodka & Tonic	200		10.3	15.5	11.6	23.2	39.7
Rum and Diet Coke	110		5.7	8.5	6.4	12.7	21.9
Rum and Coke	240		12.4	18.6	13.9	27.8	47.7
Soda water (only)	0		0.0	0.0	0.0	0.0	0.0
Tonic water (only)	90		4.6	7.0	5.2	10.4	17.9
Ginger ale (only)	90		4.6	7.0	5.2	10.4	17.9