



Nutrition tips from Christine Herkommer, RD

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How much do you love your Favorite Drink?

Martini's- 6oz of liquor can be up to 600 kcal!

Margarita- 1 1/2 oz liquor + 6oz soda/juice = 400kcal!

Eggnog- 257kcal + 14gms Fat!

1oz Kahlua, Amaretto, Schnapps= 110-135 kcals!

1oz Baileys = 150 kcals + 7 gms of fat!

Pina Colada- 8oz = 600 kcals + 12 gms of fat!

Strawberry Daquiri - 8oz =352 kcals!

Better Choices:

Champagne flute = 100 kcals

Wine Spritzer (1/2 wine/1/2 club soda) = 60 kcals

Red/White wine 5oz = 100 kcals

Beer- Regular = 150 kcals/ Light = 100 kcals

Vodka/Gin - 1oz with diet tonic or soda = 65kcal

Would you like to own your own PTI franchise?
Call Cliff Nonnenmacher, VP of Franchise Development

516.342.9064 ext 17

www.ptifranchise.com

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