

Turtle Jack's
Standard Beverage Nutritional Information Guide

Alcoholic Beverages	Average Alcohol Percentage	Serving Size*	Approximate Average Calories per Serving Size**
Light Beer	4%	1 Bottle (341 ml/12 oz)	100
Regular Beer	5%	1 Bottle (341 ml/12 oz)	150
White Wine	12%	1 Glass (142ml/5 oz)	120
Red Wine	12%	1 Glass (142ml/5 oz)	130
Spirits	40%	1 Shot Glass (42ml/1.5 oz)	100

*Serving sizes are based on the standards outlined in [Canada's Low-Risk Alcohol Drinking Guidelines](#).

**Listed are approximate average calories as actual calories may vary by type of alcohol and brand.