

How To Drink While Dieting

Raise Your Glass
Shrink Your Waist!

Secret
Diet Tricks
& Recipes
inside!

by
Michael Cecchin



About this Book

First of all, thank you for purchasing the How To Drink While Dieting handbook, I am positive that you will not be disappointed, and you will have hours of fun experimenting with and perfecting my (and now your) new cocktail recipes.

Please use your new Mixologist powers for good to help friends and spread happiness and only slight intoxication.

And please, oh please, oh please, when you are choosing to drink, please do not drive. Call a friend, call a taxi, call a relative, call an ex-lover, try the city bus, buy a skateboard, get some rollerskates, or even sleep inside a McDonald's (hellooo breakfast), whatever you do, just please be responsible.

Make Me A Promise...

You know just like I do, that e-books of this nature are easily copied, shared, and passed around.

But I worked very hard putting together all of this research, recipes, and bringing this book from an idea inside my tiny head into the world so that you could enjoy it. Plus, I make my living this way, please respect that.

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The information in this book is for educational and **FUN** purposes only. The information in this book is based on my own personal experiences and research and my own interpretation of available research. It is not medical advice and I am not a medical doctor.

You should consult with your physician to make sure it is appropriate for your individual circumstances to consume any of the delicious cocktails available within.

Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet. If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness.



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Welcome

To Your Guide On Drinking & Dieting

It's no secret that alcohol has a time and place in adult life. We pop the cork for weddings, birthdays, promotions and just about every one of life's major events. But when your alcohol consumption interferes with your attempts at fat loss it's no longer a fun, healthy indulgence - it's a serious buzz-kill.

Alcohol, while fun and delicious, falls into the most dangerous category for dieters: liquid calories. In and of itself, there is nothing wrong with consuming moderate amounts of alcohol. In fact, many studies have been published touting the health benefits of alcohol, and we'll talk about all the cool booze science later.

This book is all about learning to drink socially without obliterating your weight loss efforts. After all, you're much more likely to stick to your weight loss efforts if you don't have to give up all the things you live for - like a glass of celebratory champagne, popping a bottle of red with your better half, or a night on the town with friends.

Losing weight properly is about eliminating calories where you can, not eliminating calories altogether. The recipes in this book do just that: they teach you how and where to cut calories so you can still enjoy a wide range of mixes and cocktails. As a bonus, you'll feel good about learning how to make smart diet decisions.

Just imagine how good it'll feel to help your best pal celebrate getting engaged or promoted without feeling guilty about it in the morning! Or to enjoy a fruity martini with your girl without counting a calorie! Or enjoying a pint at a ball game without worrying it will pop up on your gut?



This is what successful dieting is all about: eliminating excess where you can so you can still enjoy life's pleasures. This is exactly what *How to Drink While Dieting* will teach you to do by the time you get to the last page!

Welcome *To Your Guide On Drinking & Dieting*

To do so, I have recruited some of the best Master Mixologists to give you the tips and tricks they use to cut down on calories without sacrificing the overall essence of the original cocktail. No need to force down a yucky drink that makes you feel about cocktails the way so-called diet foods make you feel about food! These low calorie cocktails give you the same taste as the originals - just with a low calorie makeover!

Making your body skinnier requires you to do the same of your favorite cocktail: make it skinnier. But no matter how much weight you intend to lose, you will never be totally fat-free, so why expect that from a cocktail?

What's more is that learning how to create low calorie cocktails will open your mind to dozens of beautiful and delicious cocktails you've never tried. So in addition to giving you tons of low calorie cocktails you (and your friends) will love, you can reap the health benefits of alcohol while you shed unwanted pounds!

But...

There's always a but, isn't there?

It's important to understand why low calorie cocktails and drinking in moderation can have a positive impact on fat loss.

When you start throwing back cocktails without regard for the number of calories (and sugar) contained in each glass, those calories begin to add up quickly. And when you understand the effects alcohol has on you, your body, your sleep and your weight, you can then become a smarter low calorie cocktail connoisseur (and a slimmer one at the same time!).

You see, it's not just the additional calories in alcohol that affects your weight loss; it is also how your body responds to alcohol. For starters, let's take your decision-making abilities. Booze is famous for making people act more free than they would sober, from dancing on table-tops to inhaling an 18-inch submarine sandwich!



Welcome *To Your Guide On Drinking & Dieting*

The same way that too much alcohol interferes with our ability to make smart choices - like giving your phone number to someone you wouldn't have without your beer glasses on, or telling your mother-in-law about that hilarious nickname you have for her - is what makes overindulgence such a threat to your weight loss efforts.

This endless cycle of drinking goes something like this: you start with just one cocktail, which turns into two and you feel a little tipsy, the tipsiness sets in and boom - you're now powerless to make a wise decision and order water instead of a third cocktail. Before you know it, a night out with friends has turned into a 700-calorie feast - minus the food. Meanwhile the only nutrients you've consumed (if you're lucky) was a decorative orange slice of the dirty bar variety.

Deep inside, we know this is a major setback to our diet goals, but we all choose to ignore this fact. The causal drink with our family and friends is part of what makes life fun, so we don't want to believe it's sabotaging our goals.

So this book is all about still enjoying that drink by learning to become a Master Diet Mixologist. Because we all know a successful diet does not include absolute restriction or entire deprivation. And this is the problem that we perpetual dieters face: to drink or not to drink? That is the question.

But

wait a minute, that's **not** the question at all.

Of course we should drink, it's fun, tasty, and makes things like office parties and dinner parties more fun than they could ever be sober.

The **real** question becomes: how do I enjoy cocktail hour without spoiling my weight loss effort and being a total party pooper that no one wants to hang out with because I count every single calorie?



Even heads of state succumb to a cocktail or 2... with drink portions in mind, of course!

Welcome *To Your Guide On Drinking & Dieting*

How, indeed?

For starters, a little creativity will help. Remember those endless hours you spent coming up with kooky cocktail names in your 20's? Well, I went ahead and channeled my inner twenty-something self, and some professional sneaky Master Mixologists, and together we found creative ways to make drinking fun without piling on the calories or isolating your non-dieting friends. Even better: my pro cocktail pals have done all the cocktail experimenting for you, so you have a bevy of low calorie cocktails anytime you need them!

We will get to all that really fun stuff in a bit, but first it's very important to know the truth about the connection between alcohol and weight loss.



Insert image here

Why *Calories in Alcohol Matter*

At its most basic level, calories in alcohol matter for the same reasons that calories in food matter—because weight loss requires you to burn more calories than you consume.

But liquid calories can be very sneaky, and many people forget to count them in their daily calorie count, which is why the calories in alcohol can be especially dangerous to weight loss.

This doesn't mean that you shouldn't drink, because as we stated earlier, moderate alcohol consumption has been linked to many health benefits including an improved quality of life and a reduced risk of heart disease, a big risk for many overweight or obese people.

Losing weight and enjoying your life with drinking, if drinking is something you enjoy, means learning to drink in moderation, at least for most nights. I'm not advocating doing keg stands and eight tequila shots; this book is not a guide to spring break in Mexico.

If you're still skeptical of healthy drinking, consider how frequently you drink alcohol and how often those cocktail calories are accounted for - or not accounted for - in your daily calorie allowance. Did you include all drink garnishes, alcohol content and deliciously sinful Piña Colada mixes?

Now imagine how much your waistline would be affected by an extra 120 calories every day during Happy Hour or at home after a long day. Do the math: an extra 120 calories each day adds up to more than 3,500 calories a month, which equals more than a pound a month, and more than twelve pounds of fat gained in a year. Even just 60 calories per day leads to an extra five pounds a year; add that up over five years, and you've just added 25 extra pounds to the number on your scale.



Why *Calories in Alcohol Matter*

Not a pretty picture, right?

But it doesn't have to be this way, and cold turkey is not your only option. Besides being totally unrealistic, abstaining has the unintended effect of leading you to drink more than you probably would if you simply drank in moderation. So, rather than eliminating a night out with (and alienating) your friends, the goal is to find low calorie cocktails that allow you to maintain your weight loss efforts.

And that's exactly why I created this low calorie cocktail book: to give you a way to enjoy the things you love - in moderation - without eliminating them altogether. Calories in alcohol do matter, because those few high calorie cocktails you drink thoughtlessly could be what's stalling your weight loss efforts. But by learning how to decrease calories where possible, you can enjoy an evening of social drinking without sacrificing your goal of an amazing new body (no matter how old you are).

Cheers to that!



Avoiding *The Curse Of High Calorie Cocktails*

For those of us who frequent bars and cocktail parties, not drinking isn't a very realistic option; it helps us mingle and socialize. Unfortunately, this is the same reason why eating properly is so difficult. Eating and drinking are part of who we are and everything we do.

The good news about that is moderate drinking does have both mental and physical health benefits.

In fact, a 2009 study from the University of California illustrates that regular alcohol consumption is associated with a higher overall quality of life.

The 1,594 participants in the study, ranging in age from 50–97 years, completed several interviews and questionnaires related to alcohol consumption, quality of life and depression.

The study found that regular alcohol consumption was the only factor that could explain the life satisfaction among these older men and women. Factors such as physical activity, chronic diseases, age and depression were not associated closely enough to be a factor in the participants' overall satisfactory quality of life.

The problem, however, is that too much alcohol can wreak havoc on your daily life from unhealthy food choices to a lack of sleep (we'll get more into this a little later) - not to mention sabotaging your weight loss efforts. Finding a happy medium between blissfully buzzed and completely hammered should be the goal for all of us, but especially for those of us trying to cut down on calories without cutting down our social life!



Learning *To Drink While Dieting*

Throughout this book I will arm you with tips and tricks to help make cocktail hour just as fun without additional calories and sugar. Dieting is often associated with eliminating things you love in favor of things you really don't even like. But this isn't necessarily true with alcohol - if you have the right information before you order that drink!

Many dieters who love cocktails find it easier to control their cravings first, and then stick with their new skinny cocktails after taking a month away.

I know what you're thinking: "A whole month with no alcohol, but I bought this book because I loooove drinking!" And I understand that, but hear me out for a moment, and if you don't agree, then I promise I will not come to your house and will never ever ask you this again.

Rather than thinking of this month away as punishment, think of it as a test of endurance. If you can successfully spend a month without a single drink or cocktail, think of how much easier it'll be to say "no, thanks" when someone offers you a delicious but calorie-heavy cocktail.

Your "month without booze" will let you know which friends and family members will be supportive of your weight loss efforts as you begin again enjoying cocktail hour. Whether on purpose or unwittingly, many of our friends and family members have a hard time letting us do something that's good for us. Strange, I know, but true.

When I did my own 30-day experiment (which is why I totally empathize with you!), I truly learned how much my social group affected my alcohol choices (and usually the eating choices that go hand in hand with them).



Learning *To Drink While Dieting*

But, guess what? My 30-day booze-free challenge helped me develop a stronger backbone so I'm now able to resist whatever persuasion was thrown my way. This doesn't mean that you shouldn't brush off a little good-natured ribbing by your booze-loving friends; it just means that this will allow you to see who will be a source of support and strength during your weight loss efforts. Your good friends obviously want you to lose weight and feel good about yourself, but they also don't want to see you sulking while they have a blast with cocktails in hand.

Another added benefit of this month-long social experiment is that after a month without cocktails you'll have soaked up all the strategies I've come up with, along with my professional low-cal Mixologists, to enjoy a night with your friends while impressing them with your new cocktail knowledge! So at the end of your challenge, not only will you notice people giving you more respect for doing something they couldn't do, but also they will be shocked that you suddenly know so many amazing cocktail recipes.

Or maybe they won't even notice that the delicious cocktails you've been mixing and serving are totally low in calories!

Soon you—and even your friends too—will learn that sometimes the best thing we can do to achieve our weight loss goals is to do it ourselves, which is why we have cocktail recipes for every possible drinker!

Retro cocktails, cool and kooky mixer ideas, garnishes and every cocktail concern in between is covered in this book.

Get ready! I will provide you with dozens of low calorie cocktails, including reduced calorie versions of your favorite old-school cocktails. You will learn how to make and order cocktails that won't expand your waist, while also getting tips to make post-party snacking a guilt-free event!

So, *stop fretting about happy hour and keep reading for low calorie cocktail recipes you won't have to resist!*



Raise *Your Glass, Shrink Your Waist: Alcohol & Weight Loss*

Having the facts is important to help you find out what's true about alcohol and weight loss, and what's false information just meant to scare you out of having a great time!

The real trouble with alcohol comes from continual heavy drinking, and these drinkers give drinking a bad name, while moderate drinking has so many positive qualities, including fat burning.

You'll find out much more before this chapter is over, and that not only will you not feel guilty about drinking, you'll feel proud, and have the facts to back it up.

Can Alcohol Really Make You Fat?

You've probably heard this many times and even uttered these words yourself on more than a few occasions. But unless you consume thousands of calories in alcohol several times a week, it's not really alcohol that's making you gain weight. Your loss of control is.

The truth is, the more cocktails you have, the more inebriated you become, which makes it next to impossible to turn down the sixth or seventh cocktail - especially if you're not buying! Then when your mind gets a little fuzzy from too many fuzzy navels, it's difficult to turn down another high calorie cocktail, not to mention other greasy deep-fried snacks.

So you see, while it's a convenient excuse to blame alcohol for weight loss setbacks, it's hardly appropriate or accurate. You can enjoy cocktails throughout your week without getting the infamous beer belly.

Your new set of amazing low calorie versions of some of your favorite cocktails, plus a list of new sexy treats to snack on, will make it easier to enjoy cocktail hour without violating your diet - whatever your diet may be. Because saving even 50–100 calories per drink over the course of the year means you'll be five, ten or even twenty pounds lighter than your friends who don't have this book on their side. (And don't worry, you can thank me later!)

The final answer to the question "*can alcohol make you fat?*" is pretty simple to understand: if you drink heavily several times a week, then the honest truth is that taking off the weight will be nearly impossible.

However, if you're like most of us who simply enjoy a couple drinks a few times a week, not only will it not make you fat, but the following studies prove that moderate drinking can actually make you thinner.

Yes, I agree, it does sound crazy! But check out the major studies I've listed below and the proof, as they say, is in the pudding.

Mmm, pudding.

Anyhow...



Alcohol & Overeating

If drinking a few calories here and there isn't making you fat, why does alcohol get such a bad reputation among dieters?

Well, because it's never just a few calories "here and there", instead it's more like a few hundred calories per glass, a few glasses a night, a few nights a week. And duh, it may also have something to do with the fact that, according to a study in the *American Journal of Clinical Nutrition*, excess alcohol consumption makes you overeat.

The study consisted of twelve men who were given two meals, lunch and dinner, with the only difference being that the group who consumed alcohol with their meals were given fats, while the non-alcoholic group were given carbs as a major source of energy. The content, weight and calorie count of the meals were comparable yet the group that had alcohol with their meals ate more than those who did not.

This proves that when you combine a high-fat diet with heavy alcohol consumption, overeating will occur without regard to hunger.

What you should take from this study is this: the heavier your alcohol consumption with a fatty diet, the more likely you are to overeat. The best way to enjoy a cocktail or two without ruining your weight loss efforts is to maintain a healthy and well-balanced diet in the first place. Cutting out excess fat and sugar will allow you to enjoy Happy Hour without the ensuing guilt!

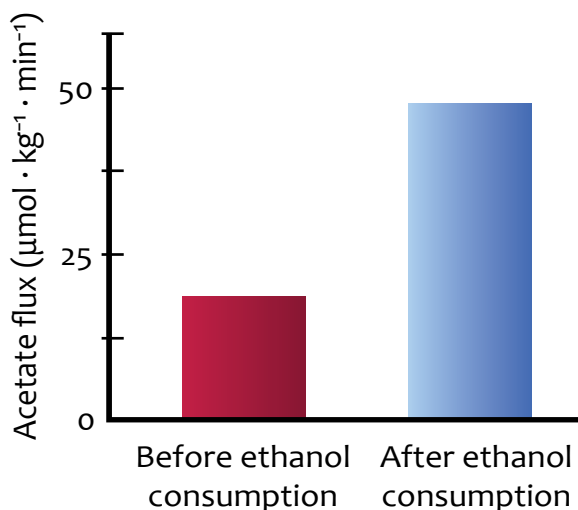


Alcohol's Thermogenic Properties

In this book, when we talk about thermogenesis we are simply speaking of burning fat.

Thermogenesis in weight loss can refer to fat burning through diet (i.e. foods that burn fat, like salmon and blueberries) and through exercise. Since we're talking about the fat burning properties of alcohol, we're interested in **diet-induced thermogenesis**.

Most people believe that alcohol causes weight gain because it has 7.1 calories per gram of alcohol. This is true, technically, but doesn't account for alcohol's thermogenic response in your body: it raises your metabolic rate for quite awhile after consumption. When the thermogenic effects of alcohol consumption (i.e. a rise in metabolism) are taken into consideration, alcohol actually has about 5 or 6 calories per gram instead of 7.1.



What *You Can Do*

Armed with this information, you will be more capable of making smart decisions on your next trip to your favorite watering hole. There's no need to sit in a dark corner with a downcast glance while everyone else is dancing and drinking and having an all-around good time just because you're trying to lose weight.

In fact, there are plenty of skinny cocktail choices for the person serious about learning how to lose weight while maintaining some resemblance of a social life. Tons of them are in this book! But it is up to you to take the initiative to find and make low calorie cocktails, because it's your weight loss at stake - not the bartender's or the waitress'.

Now it's time to get to all the science-y stuff you've been waiting for!



How *Alcohol Makes You Healthier (and thinner!)*

Do you remember when research revealed that chocolate was full of disease-preventing antioxidants? I sure do! Discovering that the food you love comes with positive health effects makes you feel good, and more importantly, less guilty for enjoying these pleasures!

From as early as I can remember, the foods and drinks I loved, enjoyed and craved seemed to be the “bad” foods that not only lacked any nutritional value, but according to my parents and teachers, actually impeded my health. They were therefore often completely off limits.

Like most people I know, I don’t crave a bowl of steamed broccoli or Brussels sprouts. My cravings have always consisted of delicious, high calorie treats such as chocolate, cheeseburgers, pizza and candy. As I have gotten older, my taste for treats has turned to wine, beer, bellinis, martinis and the always tasty Piña Colada! I know a lot of these are touted as “lady drinks”, but I’m not afraid to confess my love for an occasional bellini from time to time.



The Forbidden Fruit

Have you noticed that once you are told you can't have something, it becomes so much more desirable? You aren't the only one.

A study published in the International Journal of Eating Disorders revealed that when a person is told they can't have a food, their desire for that food increases (this probably explains the more restrictive diets you've tried). Researchers told a large group of individuals that they were either prohibited or not prohibited from eating a food, or they were just encouraged to "choose" to avoid this food. They measured their food consumption, thoughts and desire before the food was prohibited, and after. Sure enough, researchers found that the participant's desire for food increased if they were required to avoid it. If they were allowed to have the food, their desire did not change.

A similar study appeared in the journal *Appetite*. It asked if prohibiting a child from eating a certain food would increase their desire and consumption and result in overeating - and it did! Their desire increased significantly as did their consumption of the prohibited food.

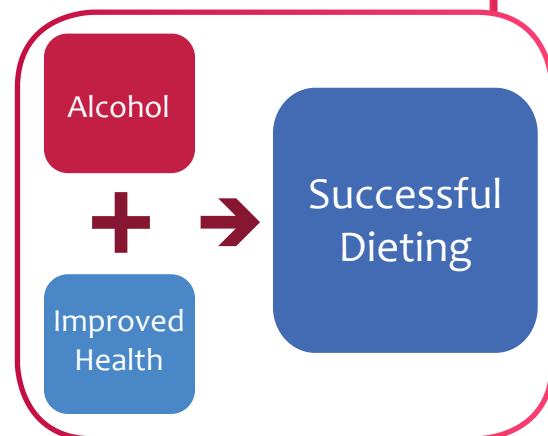
So it's true even of children: when you're told you can't have something, you want it more, and when you get your hands on it, you indulge and eat even more than if you were told you could have as much as you ever wanted. Our mind sure does play tricks on us!

We can't help but love those foods and drinks that taste delicious and leave you licking your lips! It's human nature. The good news is that you are now armed with the information you need to make the best choices for your palate as well as your waistline.

With this book in hand, you have amazing new recipes you've never heard of, and new "diet-friendly" versions of all your favorites that will have your friends coming to you, not only for diet advice, but for your "famous" skinny cocktail recipes (and don't worry, I'm okay with you taking all the credit).

And just when you think it can't get any better, it does. According to a number of studies, moderate amounts of alcohol can improve your physical and mental health and actually prevent you from gaining weight!

Here's how: alcohol increases in your overall physical and mental health, as well as quality of life, which leads to successful dieting.



Alcohol *And A Healthy Heart*

When you drink moderately (1–2 drinks per day), you can reduce life-threatening health risks such as coronary heart disease and stroke. The results of a study published in the medical journal *Alcohol & Alcoholism* examined the cardio-protective effects of light–moderate consumption. It was concluded that there is a “U” shape relationship between the amount of alcohol and the risk level for heart disease, coronary artery disease and death.

This means those who abstained from alcohol and those who were heavy drinkers (more than 3 drinks per day) were at the highest risk for heart disease, coronary artery disease and death, while light–moderate drinkers had the lowest risk.



Relationship between Alcohol Consumption and Risk of Heart Disease, Coronary Artery Disease and Death



Alcohol consumed and risk of heart disease, coronary artery disease and death.

Alcohol *And A Healthy Heart*

The study’s author, Dharam P. Agarwal, wrote the “risk of death from all causes was found to be significantly lower among men who drink moderately, compared to those who abstain from alcohol.”

And the health benefits don’t stop there. Another study by Michael Davies and colleagues from the Journal of the American Medical Association found that moderate amounts of alcohol also reduce insulin sensitivity, type 2 diabetes and cardiovascular disease.

Why alcohol reduces health risks?

- Increases protective ‘good’ HDL-cholesterol
- Inhibits oxidation of ‘bad’ LDL-cholesterol
- Increases coronary blood flow
- Reduces blood pressure
- Reduces blood insulin levels
- Reduces stress

The Catch

The key to the health benefits in the above studies is the amount of alcohol: healthy consumption is approximately 1–2 drinks per day, and benefits were the same for wine, beer and liquor.

However, researchers stated that if you do not drink alcohol, and never have, that you should not start now as a way to improve your health. But for those who do enjoy a drink every now and again, you should take comfort in knowing that with moderation, alcohol can bring some very heart-healthy benefits!



The Secret *To Keeping Off The Weight*

The fear of gaining weight is something many of us can identify with, It can dictate what we eat, where we eat, how often we eat, and of course, what we drink.

The following study on the effects of alcohol on weight gain was quite surprising!

Lu Wang, an instructor of medicine at the Brigham and Women's Hospital at Harvard University, recently completed a breakthrough study on the effects of alcohol on weight. Since its 2010 publication, it has been a major topic of discussion for health professionals and dieticians, and cited in several popular health magazines.

For thirteen years, Wang and a team of researchers collected information from almost 20,000 American women on their daily alcohol and food intake. That's a lot of information and was no easy task, but what they found was well worth their efforts.

When they followed up with the women and weighed them thirteen years after the study began, researchers found that the moderate drinkers were much less likely to gain weight than non-drinkers (who, in fact, showed the most weight gain). Basically, if you have a drink once and a while, you reduce your risk of weight gain!



The Secret *To Keeping Off The Weight*

Sounds almost too good to be true, right?

Well, the research group headed by Wang believed that there are a number of factors that could have contributed to this. It's believed that those who drink moderately adapt metabolically to the alcohol and metabolize it differently than heavy drinkers and occasional drinkers. This means that the calories in the drink don't result in excess body fat.

Even better, the researchers also stated that the moderate drinkers used more energy burning the calories in the drink, and maybe even more during digestion, than are actually consumed from the beverage itself!

There was also some evidence that the moderate drinkers practiced healthier habits than those who drink occasionally. Those who enjoy 3–4 drinks every week tend to account for these extra calories as a part of their diet and likely compensated for them by having fewer calories elsewhere.

By making better, more informed choices when it comes to drinking alcohol, such as making the New Amsterdam instead of the high-cal version you'll get at the bar, you are ultimately accounting for the calories in your drinks - which, unfortunately, many people fail to do.

After reading this book, and experimenting with the incredible recipes at home, you will become more conscious about the drinks you have and even become more aware of the other calories you have throughout your day. Even if you have never counted calories before, an increased awareness will be an important step to keeping the weight off.

But even while you're counting, allowing yourself to enjoy your favorite drink every once in a while will not only help prevent weight gain, as we saw in Wang's study, but can actually assist you in losing weight and feeling good. Depriving yourself of all the things you enjoy - especially your "forbidden fruit" like an ice-cold beer - can leave you with feelings of anxiety and depression that affect your mind and body. Studies show that individuals suffering from anxiety or depression often overeat high calorie comfort foods.

You can counteract all of this, just by making yourself a new fun drink!



Alcohol, *Happiness And Weight Loss*

Have you ever gone out with your friends to a bar, they order a round of drinks and some bar snacks, and you are stuck sipping your lemon water?

Did you feel left out? Different? Sad?

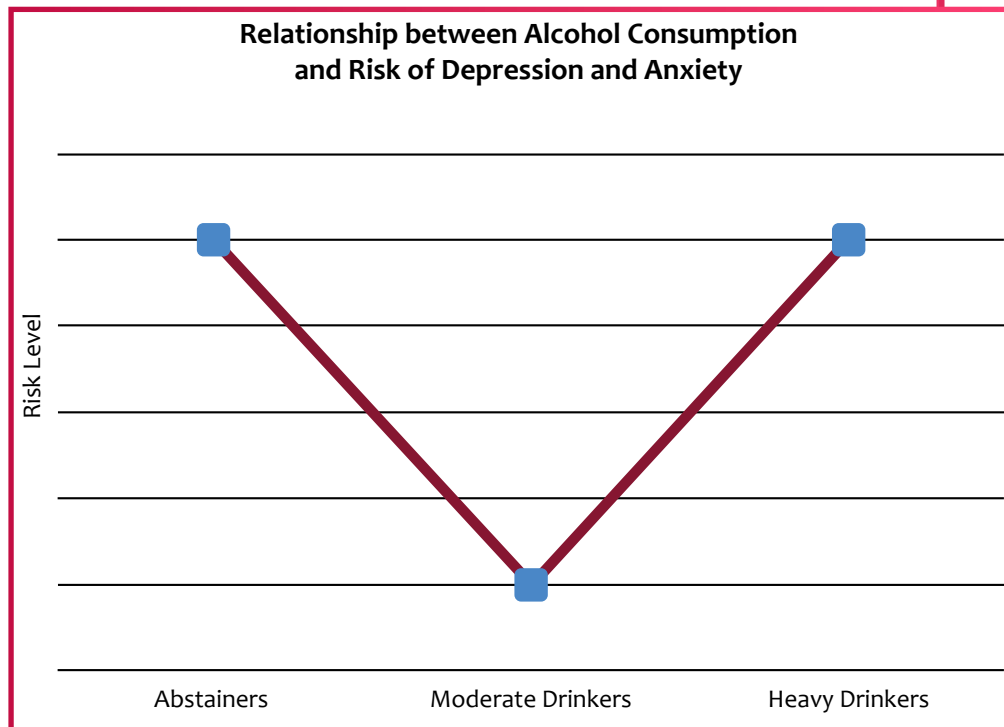
These feelings have more of a negative effect on your mental health (and your diet) than you may have previously thought.

A large database called the Nord-Trøndelag Health Survey provided researchers with information on the drinking habits and mental health of 38,000 people.

The data from this survey showed that the people who drank no alcohol were more likely than moderate drinkers to report symptoms of depression and anxiety. Those who labeled themselves as “abstainers” were at the highest risk for depression.

Why, you ask?

According to the Jens Skogen and the researchers who analyzed the data, when drinking is a popular social activity and considered the norm, abstinence from these social activities is associated with being socially marginalized and with personality traits associated with mental illness. The results showed the similar “U” shape.



Alcohol consumed and risk of depression and anxiety.

How *Happiness Affects Your Diet*

Those who experience feelings of depression and anxiety are much more likely to overeat, consuming twice as much even when on a diet than those who are generally happy.

Several years ago, Donald Baucom and Pamela Aiken published a study on the “effects that a depressed mood can have on those who are dieting” in the *Journal of Personality and Social Psychology*. They showed a strong connection between our mental state and our eating habits.

The results were clear: when you are depressed and trying to diet, it is much more likely that you will significantly overeat and ultimately fail at your attempt to shed some pounds. The dieters in their study who were not depressed did not eat more, were able to stick to their diets and ultimately, they lost weight!

Enjoy *Your Life While Losing Weight*

If you are saying no to alcohol—and the fun social events that often go with it—to avoid temptation, you may actually be doing yourself more harm than good. You don't want to sacrifice the quality of your life in order to lose weight, and you don't have to! Thankfully, researchers have shown us that with moderation, alcohol will improve both your physical and mental health. By enjoying a drink, you can actually avoid overeating and sabotaging your diet.

Soon enough, you too will be a Master Mixologist, with a specialty in low calorie cocktails. You will go from avoiding social events, to having people line up for that delicious Spicy Pineapple Margarita at your next dinner party. And now you can even spice up the dinner convo by educating your guests on the heart-healthy benefits of that delicious drink.

There's a lot you can do with this book while still sticking to your diet!

YOU CAN...

- Participate in a toast with a glass of champagne
- Enjoy a glass of wine at dinner
- Be the hit of your next party by preparing the delicious drinks
- Go out for a beer with your co-workers after work
- Live your life and lose weight!

However, with this information, there are some things you will never do again.

YOU WILL NEVER...

- Sit alone at a party while others gather around the bar
- Have to decline an invitation for drinks with friends
- Be labeled as the one who's "always dieting"
- Request a virgin drink when alcohol is being served
- Worry about your diet because you had a low-cal cocktail

So enjoy a low calorie cocktail, glass of wine or beer and relax. With moderation, you can enjoy life's little pleasures and still lose weight. You might even become more heart-healthy in the process!

Cocktails *To Avoid*

Every aspect of losing weight requires dedication, from increasing your level of physical activity to trying to create the much-needed calorie deficit (burn more calories than you consume). And when your plans include a night out with pals, your weight loss efforts require even more diligence. Luckily, some sneaky information and clever tricks will make sure you look great on the beach when you need to.

The truth is, there are some drinks that simply are not drinkable for those of us on the path to thinner and healthier versions of our current selves. This is not to say you have to avoid these drinks forever, but usually, significant weight loss happens within six months. So until you fit into those pants you've had your eye on, you should avoid some drinks like you'd avoid a Big Mac combo.

Some cocktails, especially specialty cocktails, include several shots of alcohol - consider that on average a shot of vodka, gin, tequila, rum or brandy is about 100 calories - that can send your calorie count soaring higher than any recipe we've provided for you.

We have compiled a list of cocktails that should be avoided by anyone concerned about their daily calorie intake, but especially for those in the beginning stages of weight loss. Each cocktail has made this list for a variety of reasons - from too many calories to a high sugar content - so look closely to see if your favorite libation has made the cut!

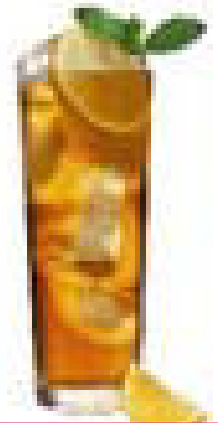


Long Island Iced Tea

This bowling alley favorite has made the list for many of reasons, least of all the sheer quantity of alcohol it contains. With a shot of rum, vodka, tequila and gin plus liqueur and Coca Cola this classic cocktail will cost you 444 calories per glass!

Even if you nurse one Long Island iced tea over the entire evening, this drink has enough calories to be a meal—without being nearly as satisfying. Unlike many of the cocktail recipes we've provided for you, the Long Island iced tea has no low calorie substitute to give you a similar taste.

The Coke gives this cocktail only three of its more than 400 calories so changing that ingredient or swapping to Diet Coke won't make a significant impact to your calorie intake. For the sake of your weight loss, at least for the time being, don't make Long Island iced teas something you dream about rather than drink.



Baltimore Zoo

This cocktail is very similar to the Long Island iced tea in that there is a large variety of liquor in each glass. Also similar to the Long Island iced tea, the Baltimore Zoo tastes like there is no booze in it, which often leads to drinking several of these tasty concoctions and a truckload of calories.

Just for reference, the Baltimore Zoo has seven different shots of liquor and liqueur, not to mention a splash of beer for acidity. In total, one Baltimore Zoo served in a [Highball Glass](#) is - prepare yourself for this - **698** calories!

That's already an entire meal before you factor in your actual meal - and the very likely post-party snack consumption.



Frozen Mudslide

When it comes to high calorie diet-busting cocktails there is another class of creamy drinks that needs to be discussed. Cocktails like the Frozen Mudslide include cream, liqueur and ice cream among its main ingredients. They are therefore filled with sugar and calories - two things no weight loss regimen needs.

The Frozen Mudslide also includes French vanilla ice cream and vodka, which adds nearly 200 calories to your glass. When served in a traditional [Hurricane glass](#), the Frozen Mudslide can get up to **459** calories! Sure it has ice cream and liquor, but is one cocktail really worth skipping a meal?

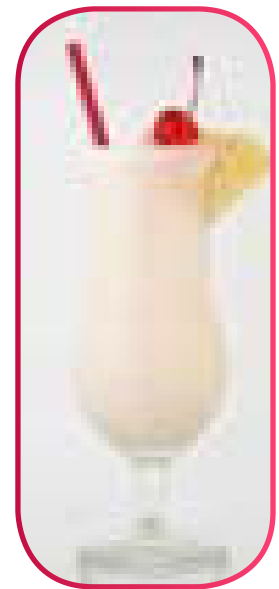


Piña Colada

The traditional Piña Colada is delicious - without a doubt - but it is a disaster in a glass if you're working toward weight loss. The original ingredients in the official Puerto Rican drink consist of rum, pineapple juice and cream of coconut.

You're probably thinking, a little bit of pineapple juice and coconut cream can't be that bad, can it? Unfortunately, it can. Go out to a bar or restaurant and you'll get a Piña Colada in a 10-ounce [Hurricane Glass](#), and you've just consumed **454** calories! Of course the calorie count can be lowered if you reduce the size or share with a friend, but will that happen?

The Piña Colada is a classic cocktail with a lot of baggage that you and your weight loss efforts don't need. With delicious diet-friendly cocktail recipes on hand, you'll be able to make a tasty beverage at home and you'll never have to worry about succumbing to Piña Colada cravings - even when the song comes on!



Mai Tai

The Tahitian word for “good”, Mai Tai is a delicious tropical cocktail enjoyed by many. Unfortunately, it is also quite the calorie buster. It’s important to note that a common theme so far among many of these cocktails is multiple liquors and liqueurs, as well as sugary juices. Keep your drink choices simple to keep your weight loss goal within sight.

Ok, back to the Mai Tai.

Key ingredients in Mai Tai cocktails are: light rum, dark rum, pineapple juice, triple sec, almond crème and sweet and sour mix. With this litany of ingredients you shouldn’t be surprised to learn that a bar-made Mai Tai has **620** calories. Ask for a single or [lowball](#) version if you can’t resist... but try!



Sex On The Beach

As fun as this cocktail is to order, it comes with nearly as much trouble as sex on an actual beach! But seriously, what makes this cocktail so delicious yet so dangerous is the multitude of fruit juices and liqueurs... again a diet buster.

The main alcohol in Sex on the Beach is vodka, but to get the flavor also requires peach schnapps, raspberry liqueur, melon liqueur and cranberry, pineapple and orange juices. Simply making the drink is a task; imagine the work it’ll take to burn it.



White Russian

This is yet another of those popular bar cocktails whose popularity tells nothing of its calorie count. Made with coffee liqueur, vodka and cream, the White Russian cocktail isn't a true diet buster until you have someone else make it for you.

This cocktail can cost you nearly **800** calories if prepared in the super-sized way common at most drinking establishments. The White Russian has enough calories for a cocktail plus a meal, so do yourself a big favor and choose something else!



Captain & Coke

When we speak of simple cocktails, nothing is quite as simple as the classic rum and Coke mixture, but this cocktail is the exception to the rule! The way Captain & Coke is constructed - with equal parts liquor and soda - gives it many of its calories.

Where most cocktails include 1–3 ounces of liquor this cocktail calls for 5 ounces each, giving this drink **381** calories per glass. While rum & coke isn't the worst cocktail you could have, it still makes the list as something to avoid. Eliminate 60 calories from this cocktail by substituting regular Coke for diet cola.



Big Bahama Mama

Tropical cocktails, while beautiful and tasty, are the biggest diet killers of all. With loads of booze and liqueur, not to mention super-sugary fruit juice, the Big Bahama Mama is nothing but calories!

The main ingredients in a Big Bahama Mama include: dark rum, 151-proof rum, coffee and coconut liqueurs, fresh lemon juice and pineapple juice. In total you will have consumed **860** calories by the time you reach the bottom of a Big Bahama Mama. So unless your goal is to become a Big Bahama Mama, this is a drink best enjoyed in the comfort of at-home moderation!



Red Headed Rock Star

You're probably starting to think that all the fun cocktails should be avoided for weight loss, but that's hardly the case. In fact, many of these cocktails are so popular because the sheer amount of alcohol in them makes them taste as if there's no alcohol in it at all!

The Red Headed RockStar has peach schnapps and Jägermeister as its main ingredients, but it's the size of this drink that's the real killer. A 3-ounce cocktail may only cost you a couple hundred calories, but when made to satisfy the most finicky customers, a Red Headed RockStar has nearly **400** calories! No girl or guy, not even a red-headed one, is worth sabotaging your weight loss goals.

Hurricane

The fruity concoction known as the Hurricane is a tropical cocktail made with two types of rum, two fruit juices and sweet and sour mix. To get a drink to taste this fruity requires quite a few calories, nearly 540 to be exact!



Jungle Juice

Famous on college campuses the world over, this cocktail has many variations, all of which include at least two different types of liquor and three types of juice, not to mention grenadine and syrup. Punch is a quick and easy timesaver for parties, but it also has too many calories per serving to do your weight loss efforts any justice.

When served in a hurricane glass, a Jungle Juice cocktail can have close to 450 calories!

Singapore Sling

This famous cocktail is sweetened by too many liqueurs and juices to name, and although the Singapore Sling isn't as bad as some cocktails - it has just 320 calories per serving - its sugary goodness makes it hard to have just one.



Ginger Breeze



The Ginger Breeze is a slushy summery cocktail that's perfect any time of year. Made with eggnog, ginger brandy and rum, the Ginger Breeze can easily surpass 400 calories.

The gingersnap garnish adds another 30 calories and that's usually gone before you're half done with the cocktail!

Fuzzy Navel

This spring break favorite is an unlikely candidate for cocktails to avoid, but here's another cocktail that kills you with its size! Served in a [highball glass](#), you're already talking about 9 or 10 ounces of liquid calories in one fuzzy navel.

The main ingredients in a Fuzzy Navel are peach schnapps, orange juice and lemonade, which all seem harmless enough. But this equal parts concoction has 305 calories per glass and it tastes so yummy that one Fuzzy Navel is likely the start of an evening of indulgence!



In Conclusion

This starter list of cocktails to avoid for weight loss is just that, a starter list, so that you can begin to recognize the signs of which cocktails spell danger for your fat loss. Watch out for cocktails that have loads of ingredients because that's often how your calorie intake gets out of hand before you even realize it.

But the truth is that there are no cocktails that are entirely and always forbidden, just cocktails that you should avoid when you're out and about. The portion sizes of these drinks when made by a professional bartender are gigantic and designed to ruin your weight loss efforts while improving their tips!

Keep these cocktails near your home bar instead and break them out during holiday season or whenever you entertain guests. Even though drinking alcohol isn't as bad for your diet as many would have you believe, the calories are what matters most in your efforts to shed fat. Earlier we discussed the truth about the "link" between alcohol consumption and weight loss, but everyone knows 500-, 600- and 800-calorie cocktails won't help you fit into your pants.

Boozing it up on a Friday night won't completely ruin your weight loss efforts, but remember that calorie-heavy cocktails will require much more effort to burn off. If you're a person that enjoys working out and being physically active then this won't be a problem, but when you have to force yourself to work out, indulging in these high calorie cocktails just isn't worth the workout.

The best way to enjoy these cocktails to avoid is to learn how to make healthier and smaller portions at home. In the next chapter you'll learn cutting-edge bartending tricks to help you enjoy drinking while dieting!



Master Mixologist Tricks

Mixed drinks are probably the most favored cocktails, but they are also the highest in calories. What's the point of eating well-balanced meals all week and exercising regularly if two mixed drinks will undo all of that hard work? This doesn't mean you must avoid your favorite cocktail; it just means you need to start using the sneaky tricks used by Master Mixologists and master dieters to figure out how to decrease the calories but not the flavor of your drink.

Mixed drinks like Margaritas and Mojitos are packed with tons of calories and even more sugar. Sure, these pre-made mixers are easier and they make it a cinch to whip up cocktails, but they also make it a cinch to pack on the pounds!

Four ounces of strawberry margarita/daiquiri mix will add **177** calories and 42 grams of sugar, and that's before you add 2 ounces of tequila (128 calories) or rum (130 calories)! The same is true of most mixers, including Mojito and Long Island iced tea mix.

The best way to still enjoy a few cocktails on occasion and lose weight is to become a Master Mixologist and create your own flavored alcoholic mixers.



Recipe *Hints*

When following low calorie cocktail recipes, it is important to understand what can be substituted and when. Things like the difference between scotch and whiskey can give a rookie bartender trouble without a little helpful tips.

For example, if you're eager to try a Skinny Gimlet but loathe gin, feel free to switch to vodka. The same goes for dark liquors. The flavors aren't exactly similar, but don't your bourbon preference prevent you from trying out a cocktail featuring rum.

Don't get so boggled down in specifics (except the specific measurements to keep your calorie count low) that you can't enjoy whatever occasion is causing you to make cocktails.

The good news is that we've done most of the work for you, so all you need to do is pick a low calorie cocktail that piques your fancy and measure away!

Make *Your Own Low-Calorie Drink Mixers*

Despite the limited options for healthy drink mixes, there is a wide range of low calorie options to help you make a delicious cocktail without excess calories. Figure out which option best encapsulates your favorite cocktail and get to work on creating a low-cal cocktail that you can enjoy without the guilt.



Glassware

Before we get into low calorie cocktails, we must cover the necessary equipment you'll need to concoct these low-cal creations. When this section is over, you'll know which glass to use, important cocktail definitions and what equipment you'll need to impress your friends with low calorie cocktails!

Rocks Glass: Also known as an old-fashioned glass (where the glass gets its name), a rocks glass is a short glass typically containing drinks served “on the rocks”. Rocks glasses hold between 6 and 10 fluid ounces, making it a perfect way to keep your cocktails in a low calorie range.

Double Rocks Glass: The double rocks glass is a taller version of a regular rocks glass, holding approximately 14 fluid ounces. When you order a “double on the rocks” this is the size your cocktail will be.

Highball Glass: When you order a simple mixed drink (like a vodka & tonic) chances are good that you'll receive it in a highball glass, which can hold anywhere from 8 to 12 fluid ounces. Many drinks served in a highball glass come with a straw for easy sipping.

Collins Glass: The Collins glass is also made for mixed drinks, most notably the Tom and Junior Collins cocktails. Taller than the highball, a Collins glass holds between 12 and 14 fluid ounces.

Hurricane Glass: This glass is used for tropical and exotic drinks like Mai Tai and Mudslide. Because the hurricane glass can hold up to 15 fluid ounces, it's easy for a drink in this glass to quickly add up in the calorie department!

Margarita Glass: With a wide rim perfect for salting the edges, the margarita glass isn't just for margaritas - it's also used for fruity drinks like daiquiris. This glass holds 12 fluid ounces, but usually 8–10 ounces are poured to prevent overflowing.

Cocktail Glass: Commonly referred to as a Martini glass, the cocktail glass is used for many drinks served “straight up” - that is to say not on the rocks. Cocktail glasses come in a variety of sizes up to 12 fluid ounces, and are notable due to the long stem and cone-shaped glass. Traditional cocktails like martinis and gimlets are served in 4-ounce cocktail glasses.



Glassware

Snifter: Also called a brandy snifter, this glass is recognizable for its short stem and wide bottom meant to let the aroma of spirits like brandy and whiskey permeate through the glass. Snifters hold between 6 and 8 ounces, but rarely are filled beyond 3 or 4 ounces.

Champagne Flute: The Champagne flute is the more common of the champagne glasses, noticeable by its long stem and tall skinny bowl. The long stem of the champagne flute allows you to drink it slowly without warming the drink with your hands. Typically champagne flutes hold 6 fluid ounces.

Champagne Saucer: This wider variation on the champagne flute is typically used only in weddings, but is recognizable by its shallow, wide bowl. Often used for frozen cocktails like daiquiris, the champagne saucer holds 8 fluid ounces.

Beer Mug: This is the most common way beer is consumed. Served either room temperature or chilled, a beer mug holds up to 16 fluid ounces.

Pilsner: The Pilsner glass is another beer receptacle, used for ales and lagers to highlight the color of the beer and maintain a thick foamy head. Pilsner glasses come in 15 or 16 fluid ounce variations.

Pint Glass: Used mostly for beer, a pint glass holds a pint of liquid (16 fluid ounces). Available in a wide selection of shapes, the pint glass is also sometimes used for mixed drinks like rum and coke.

Beer Stein: Traditionally made from stone, today most beer steins come in glass variations with or without the lid. Steins come in two sizes: half and full litres.

Toddy Glass: Sometimes called a Hot Toddy glass after the cocktail, this glass is perfect for warm after-dinner cocktails. Sometimes this glass is called an Irish coffee mug as the after-dinner cocktail Irish coffee is most frequently served in this glass. This is a glass mug with a handle that holds approximately 6 ounces of liquid.

Shot Glass: Shot glasses are efficient methods of drinking alcohol, and on some occasions cocktails. Shot glasses generally hold up to 2 fluid ounces.



Glassware

Tall Shot Glass: A tall (or double) shot glass holds 4 fluid ounces so you get a quick infusion of booze. It's mostly reserved for straight shots of alcohol, but some cocktails like the Bird Shot make good use of the tall shot glass.

Glass Tumbler: Glass tumblers are used to describe flat-bottomed, typically short glasses. They hold up to 8 fluid ounces and come in a wide variety of designs.

Red Wine Glass: Red wine glasses are recognizable by their wider, rounded bowl. This is to allow red wines to breathe to achieve a smoother flavor. Most red wine glasses have long stems to keep the wine at its proper temperature, but some modern designs have nixed the stem. Traditional red wine glasses hold 8 fluid ounces.

White Wine Glass: White wine glasses have longer bowls, like a wide champagne flute. Many white wine glasses have a smaller mouth area to preserve the natural taste of white wines. Typically white wine glasses hold 12 fluid ounces.

Now, let's get to the equipment needed to help you fill these glasses!



Equipment

Cocktail Shaker: Even if you have no glassware, a cocktail shaker (with a **Strainer**) is a must-have for any budding Master Mixologists! A cocktail shaker will allow you to quickly and easily shake any concoction you want. Remember the larger the cocktail shaker, the more cocktails you can make at a time - especially while entertaining!

A cocktail shaker with a strainer saves you money and time when making - or creating - low calorie cocktails.

Tongs: Tongs are important for any Master Mixologist, especially when making low calorie cocktails for others. Use tongs to load ice into a cocktail shaker or adding garnishes, like cocktail olives or onions, to a cocktail.

Cocktail Strainer: If you already have a cocktail shaker you love, never underestimate the value of a cocktail strainer. When you make low calorie cocktails served “straight up” (like martinis and gimlets) a cocktail strainer will allow you to shake the cocktail chilled and strain it into the appropriate glass.

Muddler: When a low calorie cocktail recipe calls for a muddler—as Mojitos or Mint Juleps do—a muddler will make the process smooth and fast. A muddler allows you to easily blend together flavors and release oils for maximum flavor.

Jigger: The key to making low calorie cocktails is to take exact measurements of all cocktail ingredients. To do this you will need at least one jigger, if not a jigger set. Jiggers are used to measure the alcohol and mixers in a cocktail, usually available in 1-ounce, 1.5-ounce and 2-ounce measurements for accuracy. For your convenience, they are double sided so you can work efficiently!

Mason Jar: Mason jars are perfect when you want to infuse your own alcohol or create your own simple syrup recipe. These jars provide airtight closure so your flavors will stay fresh. Store at room temperature or in the refrigerator. Mason jars are available in different sizes include 8 and 16 ounce variations.

Pour Spouts: Pour Spouts can come in super handy for Master Mixologist dieters! They make it easy to pour spirits into a **Jigger** without a making a mess just to get an accurate measurement. Available for alcohol bottles and jars, a pour spout will allow you to be the best home bartender around!



Equipment

Blender: Blended cocktails will require a blender to properly mix fruits or vegetables with alcohol for a tasty low calorie cocktail. Whether you're making daiquiris, smoothies or margaritas, a blender will make your job easier and your low calorie cocktails tastier!

Straws: Many low calorie cocktails served in tall glasses such as the Collins glass or Highball will often require a straw. Drinks served "on the rocks" aren't always easy to down without a straw, so having them on hand can save you clean-up time later. Flexible straws are the best choice because they make sipping low calorie cocktails easier than ever!

Cocktail Umbrellas: When you want to show your friends you're more than calorie counter, serve up your favorite low calorie concoction and top it with a cute little cocktail umbrella. Add a tropical flair to your most exotic low calorie cocktails!

Cocktail Toothpicks: Toothpicks are something very few at-home bartenders think of, but how else can you serve cocktail standards like olives, onions and maraschino cherries? Keep a few fun cocktail toothpicks handy when you want to show off your best low calorie retro recipe!

Melon Baller: Whether you're making a Teeny Weeny Appletini or your favorite fruit variation, a melon baller will allow you to garnish a wide range of fruits and vegetables atop your favorite low calorie cocktail. It makes getting perfect little balls one less thing you have to worry about!

Lemon/Lime Slicer: Citrus is a common garnish in many cocktails from a Gin & Tonic to a Skinny Bolshoi Basil. Making low calorie cocktails for you and your pals will be much easier with pre-sliced lemons and limes. When you're counting calories, let your bartending equipment alleviate other worries like this!

Bar Kit: If cocktails are your passion and you're committed to becoming a low calorie cocktail connoisseur, then an at-home bar kit is worth the small investment. Your very own bar kit will make sure you have all the things you need to make all of our low calorie cocktails and a few of your own, including a slicing knife and **Tongs**.



Master *Mixology Terminology*

Twist: A twist, as in a twist of orange, lemon or lime, is simply a piece of zest used to garnish a cocktail while also adding a light infusion of flavor. A twist is made by cutting the skin around the fruit so it appears ‘twisted’. Be sure to cut slowly to avoid the pith—it doesn’t taste very good and neither will your low calorie cocktail!

Shake: A few vigorous shakes is all that is required when a recipe uses a [Cocktail Shaker](#). Shaking is in lieu of stirring, so shake well enough that ingredients blend properly.

Strain: When a recipe requires you to strain a cocktail into its glass, you just need to pour through a strainer to keep non-essential ingredients (like ice) out of the glass. When straining is called for, use ice cubes rather than crushed ice because they are less likely to clog your [Cocktail Strainer](#).

Double: This means you want double the booze in your cocktail or shot. Since an extra shot means another **100** calories, it is unlikely you’ll use this Mixology terminology much in your new low-cal diet!

Chilled: Order shots “chilled” to get a colder shot. Chilled shots are shaken in ice then poured into serving glass, single or [Tall Shot Glass](#).

Muddle: Drinks that call for muddling require you to crush the ingredients together to release oils and flavors essential to the taste of your low calorie cocktail. A [Muddler](#) works best, but a sturdy wooden spoon will also do the trick.

Neat: A drink is ordered neat in an [Old-fashioned Glass](#). Neat is straight liquor with no ice, sometimes called “straight up”.

Dirty: Martini drinkers will often request their cocktail “dirty”, which simply means with olive juice, in addition to traditional ingredients.

Layer: When a cocktail made with cream or liqueur calls for layering don’t run away; grab a wooden kitchen spoon instead. As is called for in the Old Irish 2.0, simply pour the lighter ingredient over the wooden spoon and let it fall down the side of the glass. This will allow for a cool layering effect that will impress your friends and make them forget it’s a low calorie cocktail!



Infused Alcohol

Flavored alcohol is one way that people add taste to a cocktail without adding the calories that come with mixers.

While it is true that flavored alcohol has slightly fewer calories than non-flavored alcohol, flavored vodka (like Smirnoff®, for example) has a lower alcohol content that may account for the decrease in calories.

You should also know that flavored alcohol often contains about 2 grams of carbohydrates per shot (1.5 fluid ounces), while traditional vodka has none.

Infused alcohol is a great way to add flavor to mild spirits (like gin, tequila and vodka) without high-cal mixers. By infusing your own alcohol at home, you can get a more potent flavor that lets you enjoy your alcohol without any mixer!

Keep in mind that making your own infused alcohol will add flavor to most alcohol without adding calories, but this method is best for those who actually enjoy the taste of alcohol. If you prefer to taste your vodka or scotch then this is a great method to preserve flavor.

If however you need sweetness with your cocktail, consider do it yourself simple syrups.

Make Your Own Infused Alcohol

- Infused alcohol is a great way to add flavor to spirits that are quite mild without mixers like gin, tequila and vodka. By infusing your own alcohol at home, you can get a more potent flavor that lets you enjoy your alcohol without any mixer! Choose your booze. Whatever your liquor of choice, make sure it's handy.
- Pick your flavor infusion. Choose anything from black peppercorns to jalapeno peppers, peaches, ginger or cinnamon sticks. If you want to mimic a margarita, infuse your tequila with limes!
- Wash and dry an airtight [Mason Jar](#) or bottle.
- Place infusion ingredients into the jar or bottle, make sure to slice fruits and vegetables to get more flavor.
- Pour alcohol over ingredients using a funnel to avoid splashing everywhere.
- Close up jar or bottle and leave in a cool dark place for 3-5 days, but up to 2 weeks . Be sure to taste the infused alcohol each day to check its progress.
- Pour over ice and **ENJOY!**

Cocktail Garnishes

Contrary to popular belief - including my own misconceptions before I began researching this book - many cocktail garnishes have relatively few calories. It's shocking and refreshing to think that cocktail olives and citrus wedges can help you enjoy lifting your glass without packing on the pounds.

Ask your bartender to add an extra olive or cherry to your next cocktail to keep hunger at bay until last call. You'll be surprised how these calories can aid your weight loss efforts.

- 1 cocktail olive = 4 calories
- 1 maraschino cherry = 8 calories
- 1 cocktail onion = 0 calories
- 1 orange wedge = 5 calories
- 1 lemon wedge = 2 calories
- 1 lemon slice = 2 calories
- 1 lime wedge = 1 calorie
- 1 lime slice = 1 calorie
- 1 celery stick = 2 calories
- 6 mint leaves = 0 calories
- 2 shrimp = 5.5 calories
- 1 pineapple wedge = 18 calories
- 1 tsp. of margarita salt = 10 calories
- 1 tbsp. whipped cream = 13 calories

Keep these calories counts in mind when your stomach starts telling you it's time for nourishment, and a night of raising your glass won't raise your weight.



Simple Syrups

Syrup is a key ingredient in many mixed cocktails including a Hurricane, Whiskey Sour and an Old Fashioned. Syrup is used to offset the tartness of many cocktails, but store-bought syrups have an unacceptable amount of calories per serving. It's difficult to know what type of syrup you're getting at bars and restaurants, but you can always ask.

Making cocktails at home, however, makes knowing your calorie count much easier!

Simple syrup is just that: a very simple way to make syrup for a variety of cocktails. In addition to being super simple to make, simple syrup is cheaper than store-bought syrup and has fewer calories. In just five minutes, you can make a cocktail syrup that sweetens and sheds the weight.

Simple Syrup Recipe

Calories: 32 per serving

Ingredients:

- 2 cups sugar
- 1 cup water

Cocktail Equipment:

[Mason Jar](#) with [easy pour spouts](#).

Directions:

1. Place flavoring agent (cinnamon stick or pomegranate seeds) inside jar.
2. Mix sugar and water in a saucepan until it comes to a boil, stirring constantly.
3. Remove from heat and let sit until cool and thick.
4. Store in a bottle or jar with an easy-pour spout for accurate measurements.

Makes 48 one-teaspoon servings



Stevia Syrup

Calories: 0 per serving

Ingredients:

- ¼ cup crushed Stevia leaves
- 1 cup water

Cocktail Equipment:

[Mason Jar](#) with [easy pour spouts](#).

Directions:

1. Place flavoring agent (ginger or rose, for example) inside jar with easy-pour spout.
2. Pour 1 cup of warm water over Stevia leaves.
3. Let stand for 24 hours, then refrigerate.

Recipe makes 48, one-teaspoon servings.



Simple Syrups

A basic simple syrup recipe takes less than 5 minutes to make and it has just 32 calories per serving, compared to a lot more calories per serving with a Whiskey Sour mixer. As you can see the Stevia syrup has fewer calories but requires a bit more time to make.

The best part about making your own simple syrup is that you can flavor it however you like for a wide variety of low calorie cocktails. Using just about any ingredient you want, place a cinnamon stick or a twig of rosemary for example, inside the [Mason Jar](#) or bottle where the simple syrup will be stored for a flavor infusion.

This will give the syrup a distinct flavor when combined with alcohol.

Below are a few simple syrup ideas to get you started!

Low Calorie Simple Syrup Ideas:

- Apple
- Rosemary
- Sage
- Ginger
- Lemon or Lime
- Jalapeno peppers
- Pears
- Pomegranate
- Peaches
- Cardamom
- Lavender
- Rose
- Habanero
- Whole Peppercorn
- Oranges



Fruit & Alcohol

Fruit and alcohol make very good friends—and not just with fruit-flavored syrups or infused spirits. Plain old fresh or frozen fruit works in many ways with different types of cocktails. Since you’re looking for low calorie cocktails, you probably already know the many health benefits of fruit. Fruit is great for anyone looking to shed a few pounds due to its high water and fiber content.

Rather than mixing sugar or soda with a shot of liquor and calling that a cocktail, puree fresh fruit for a refreshing and low calorie fruit Daiquiri! Enjoy a low-cal Daiquiri while you watch your favorite prime time show with this diet-friendly variation.

Water: Flat vs. Sparkling

The great water debate has now extended to traditional and low calorie cocktails. Some purists out there believe that water simply ruins most drinks, but those of us who enjoy knocking back a cocktail or two while losing weight know that water can be your very best friend.

Water is a great way to enjoy stronger spirits like bourbon or whiskey because it allows you to water down the taste in a way that doesn’t increase the calorie count of your cocktail. The question for you then becomes flat or sparkling water?

Flat Water works best with whiskey (Whiskey & Water, anyone?), bourbon and pretty much any other dark alcohol because it mellows the flavor. Add a slice of lime with your flat water and you’ll have a low calorie cocktail that’s refreshing and doesn’t make you smack your lips!

Sparkling Water works well in just about any type of alcohol, and best of all has zero calories! Diet tonic water or Perrier© both have no calories and add just enough fizz to make vodka, gin and even tequila a low calorie cocktail. Diet tonic water with a slice of citrus is always a great way to enjoy a low calorie cocktail when you’re out paintin’ the town.

Perrier© is a great sparkling water to use in cocktail recipes because it comes in three flavors that can enhance lightly-flavored alcoholic drinks. Reduce the calories in a glass of red or white wine by adding plain or flavored sparkling water to your glass. A standard glass of wine is 4 ounces - yes, just 4 ounces and that can already range from 90 to 100 calories. Fill the rest of that Chardonnay with Pamplemousse Rose Perrier© to make sure your 4-ounce glass doesn’t turn into eight ounces with each refill.



Retro Cocktails - Low Calorie Style

The popularity of the television show *Mad Men* has bar goers all over the world searching for new twists on retro cocktails. But it isn't just the 60's that are inspiring bartenders to create updated and even low calorie versions of these old school drinks; retro cocktails from all decades are making a comeback.

One of the reasons many dieters look to retro cocktails is because so many drinks, like the martini, have limited ingredients and relatively few calories. Unlike today's cocktails, retro drinks don't include lots of high calorie mixers among their ingredients.

When making low calorie retro cocktails there are two important things to remember:

- Alcohol content, and
- Serving size.

This is especially true for cocktails served “on the rocks”.



Alcohol Content

The actual amount of alcohol in spirits helps determine the number of calories per serving. Most alcohol is 80-proof, which means it is 40 percent alcohol and has the lowest calorie count per ounce. The higher the alcohol content in the spirit, the higher the calorie count.

The alcohol content is especially important in retro cocktails because the booze is the highlight, like in the Martini and [Junior Collins](#). You may be tempted to go for a higher alcohol content so you don't down as many cocktails, but what's great about retro cocktails is that they pack enough of a punch that you won't need gimmicks like this to get a buzz.

Finding 80-proof spirits such as gin, tequila and whiskey shouldn't be difficult since it's the most commonly sold type of alcohol. With an average of 64 calories per ounce, the lowest alcohol content is the best way to enjoy cocktails and weight loss at the same time.

For the sake of comparison, let's take a look at 100-proof alcohol, which is 50% alcohol by volume. Gin and vodka, with an alcohol content of fifty percent, both have a calorie count of 82 per ounce. Although that may seem like a few measly little calories, they begin to add up after just a few cocktails.



Retro Cocktails - Low Calorie Style

Serving Size

If weight loss is your goal, it's always important to keep serving sizes in mind while enjoying a night of cocktails. If you're reading this book chances are good that you already know how important portion sizes are to weight loss, and that goes double for cocktails.

Because liquid calories won't relieve you from hunger, it's even more important that you adhere to proper portion sizes. A traditional cocktail is made with about 2 ounces of spirits. Keep this in mind, especially when doing your best impersonation of Tom Cruise in *Cocktail* at home!

Keep reading for low calorie retro cocktails "on the rocks"!

What To Order At The Bar

Knowing how and what to order at the bar the first step to getting your night - and diet - off to a good start. If you let the bartender decide you'll end up with more calories in your glass - and fewer dollars in your wallet!

The most important thing to remember when ordering a drink at the bar is this: the bartender is your servant! This doesn't mean you should snap your fingers at him, just that he is there to serve you what you want, so make sure you know what you want when you get there.



Know Your Booze

If you want to enjoy drinking while dieting, which means without guilt or remorse, it's best to become a cocktail know-it-all. If you have a favorite cocktail (or two), don't be shy about telling the bartender what's in it and what size you'd like. This way you already know the calorie count before you walk through the pub doors, so the rest of your evening can be spent enjoying the company of friends.

Bar etiquette dictates that when you order a drink, you name the booze first because this is how each cocktail is prepared. If you want a vodka & tonic, for example, tell the bartender "vodka tonic, please" (be polite!). If you have a favorite brand, say Tanqueray tell the bartender you'd like a Tanqueray [Debbie Gibson](#).

Being as specific as possible will eliminate you getting the wrong drink or worse, a larger drink than you anticipated.

So firstly, ask questions!

Before you place your drink order, feel free to ask the bartender how he or she makes your cocktail. You'll find that bartenders all over the world have their own special tricks and techniques to making even the most classic cocktails.

If you assume that your special low calorie cocktail is made the same way you make it, you could end up with a bunch of syrup and sugary mixers that will severely increase your calorie count.

When you're looking for low calorie cocktails at the bar, the best rule of thumb is to keep it simple. Steer clear of ordering any of the cocktails to avoid, because they include tons of sugary mixers and often come in such large sizes that you'll be counting calories until morning!



Know Your Booze

What To Order

When you're looking for low calorie cocktails at the bar, the best rule of thumb is to keep it simple. Steer clear of ordering any of the cocktails to avoid (link) because they include tons of sugary mixers or they come in such large sizes that you'll be counting calories until morning!

Low-cal Cocktails to Get You Started

Easy and low calorie cocktails to order include:

- Vodka/gin & tonic
- Bird shot
- Spicy Beer-y Mary
- Light Beer

Consider yourself a cocktail traditionalist? No problem, you can always order low calorie retro cocktails with a twist - no, not that twist - and give the bartender instructions on how to lighten up.

Hint: let the bartender know you'd like a smaller version by telling him or her what glass you want. This trick can lower the calories on an already low-calorie cocktail!

For example:

- [Junior Collins](#) in a [Rocks Glass](#).
- Order a Margarita in a short [Margarita Glass](#) or a [Cocktail Glass](#).
- Request an [Old-Fashioned Glass](#) with your beer to keep track of how much you drink.
- [Beer mug](#) rather than a [Beer Stein](#).
- Request any order in a [Rocks Glass](#)... it can be done!

Don't be afraid to make specific changes to a cocktail by letting the bartender know you'd like low-cal substitutions. No need to get into details about why, just kindly and firmly tell the pro-mixer that you'd like:

- Rum & diet cola
- Fresh fruit daiquiri
- Gin & diet tonic
- Corona light & Limón

Don't worry about strange looks from the bartender; they are happy to fulfill any reasonable request because a happy customer is a good tipper!



Know Your Booze

Down Low Dieting

One way many of us have learned to drink while dieting without social pressure is to nurse a cocktail all night or use the old standby designated driver excuse. It's unfortunate that sometimes you have to trick your loved ones, but successful weight loss sometimes requires a few little white lies!

When you nurse a cocktail all night some of your less supportive friends may attempt to pressure you into chugging that one and ordering another, something the old you might have quickly done. But to drink while dieting successfully means that you have to be creative in order to keep the peace.

A few things you can do to keep your cocktail calorie count low and keep the peace:

- Ask what ingredients are in a sexy, fancy cocktail before you order.
- Avoid cocktails with multiple liqueurs in addition to the booze.
- Keep the sugary juices to a minimum, or eliminate them altogether.
- Request a 'single' or [Rocks Glass](#), even for highball cocktails.
- Try not to drink before you go out, then nurse just a few drinks at the bar.
- Socialize! When you're chatting, you're not chugging!
- Be the DD - **the Designated Driver**. It's responsible and a totally acceptable reason why you've been nursing one cocktail all night! When your concern is the safety of your pals, they're less likely to encourage you to have another cocktail, and another...

These decisions are yours to make so don't be shy if you want to see a thinner, fitter you before beach season arrives!



Down *Low Dieting*

Some friends can be very dangerous to your diet, but only if you succumb to peer pressure. They may mean well, but really they want you to drink so they don't feel as bad about their overindulgent habits. Rather than smack them in the face with that reality, do this:

- Order a vodka/gin with double tonic & lime. It looks like you've got a gargantuan cocktail filled with booze, which is totally acceptable to nurse all night.
- Ask for flat water & citrus fruit "neat" so it looks like you're drinking straight alcohol. This is a sipping drink, you can't be expected to chug it.
- Offer to be the designated driver before you hit the bar. No one is going to harass you for making sure they get home safely!
- Buy the next round. This allows you to order another water or faux cocktail without having to explain your choices.
- Blame the bartender. If your drink is too strong you can totally nurse it all night so you "don't get sick".
- Blame the bar hottie. If a sexy bar patron buys you a shot at the bar you have to accept. This is a suitable explanation for your one-drink night, while also diverting attention to another topic!

These are just a few of the things you can do to avoid unintended social pressure to drink. The good news is that the more your pals drink, the easier it is to make up an excuse. The bad news is that you may have to chat up a stranger just to sell your story, which may end up being even better news for your love life, right?

When your body begins to transform, your pals will want to know how you did it. That's when you can let them in on your tricky little secret!



Bent & Twisted Nail

Calories: 162 per serving

Compared to a Rusty Nail which has 223 per serving

Ingredients:

- 1 tsp. cherry Brandy (Kirschwasser®)
- ½ oz. Drambuie
- 1.5 oz. Canadian whisky (such as Crown Royal)
- Twist of orange
- Ice (to fill glass)

Cocktail Equipment:

[Rocks Glass](#), [Cocktail Shaker](#).

Directions:

1. Pour Kirschwasser®, Drambuie, whisky and ice into Cocktail Shaker.
2. Shake until blended.
3. Strain into Rocks Glass, over ice.
4. Enjoy!

Recipe makes 1 serving.



Cloudy With A Chance Of Rain

Calories: 149 per serving

Compared to Dark & Stormy which has 238 per serving

Based on the classic cocktail Dark & Stormy, Cloudy with a Chance of Rain contains rum and ginger beer. It's quick, easy and low in calories!

Ingredients:

- 1.5 oz. Dark rum
- 1 slice of lime
- 4 oz. Ginger beer
- Ice

Cocktail Equipment:

[Rocks Glass](#)

Directions:

1. Fill Highball Glass with ice.
2. Pour rum over ice, then ginger beer
3. Squeeze lime juice over ice and drop slice into glass.

Recipe makes 1 serving.

*****MIKE: Should it be Rocks Glass or Highball???** ***



Garden Fresh Martini

Calories: 166 per serving

Compared to traditional Martini which has 200 per serving

Ingredients:

- 2 cucumber slices
- 4 mint leaves, chopped
- 2 oz. vodka or gin
- 1 tsp. sugar
- 1 tbsp. lime juice
- Ice

Cocktail Equipment:

[Cocktail Shaker](#) & [Strainer](#), [Cocktail Glass](#).

Directions:

1. Place a few ice cubes into a martini glass, set aside.
2. Add 1 cucumber slice, mint, sugar and lime juice in a Cocktail Shaker.
3. Using wooden spoon or muddler, mash ingredients until well blended.
4. Pour vodka or gin and ice into shaker.
5. Cover and shake well.
6. Strain through sieve into chilled martini glass.
7. Garnish with remaining cucumber slice.

Recipe makes 1 serving.



The Green Hornet

Calories: 135 per serving

Compared to a Rocks Glass serving which has 405 calories

Ingredients

- ½ oz. Melon liqueur
- 1 oz. tequila
- 1 oz. Mango juice
- 1 oz. pineapple juice
- ½ oz. Diet Sprite
- Ice
- 1 Lime wedge (garnish)

Cocktail Equipment:

[Rocks Glass](#) & [Cocktail Shaker](#) with [Strainer](#)

Directions:

1. Pour ice into Cocktail Shaker.
2. Pour liqueur, tequila and juices over ice.
3. Shake well.
4. Strain into Rocks Glass.
5. Pour in Diet Sprite.
6. Garnish with lime wedge.

Recipe makes 1 serving.

***** Mike: This doesn't make a lot of sense
- you are making it with a rock glass *****



The Homebody's Little Helper!

Calories: 116 per serving

Compared to the original which has 256 per serving

Ingredients:

- 1.5 oz. gin
- ½ tsp. simple syrup
- 1 tsp. lime juice
- 1 cucumber slice (to garnish)
- 1 tsp. cucumber puree
- Seltzer water
- Ice

Cocktail Equipment:

[Highball Glass](#)

Directions:

1. Fill Highball Glass with ice until almost full.
2. Add gin, cucumber puree, lime juice, and simple syrup and stir.
3. Fill the rest of the glass with seltzer and stir again.
4. Garnish with cucumber slice & enjoy!

Recipe makes 1 serving.



Junior Collins

Calories: 181 per serving

Compared to the original Tom Collins which has 223 calories

Ingredients:

- 2 oz. gin
- 1 oz. lemon juice
- 1 tsp. simple syrup
- 1 splash of club soda
- 1 slice of lime or orange
- 1 maraschino cherry
- Ice

Cocktail Equipment:

[Collins Glass](#), [Cocktail Shaker](#) and [Strainer](#).

Directions:

1. Fill Tom Collins Glass and Cocktail Shaker with ice. Set glass aside.
2. Add gin, lemon juice and syrup to Cocktail Shaker and shake well.
3. Strain into Tom Collins Glass and add club soda.
4. Stir and garnish with slice of lime and cherry

Recipe makes 1 serving.



Lady Sings the Blues

Calories: 121 per serving

Compared to 242 in big size Pink Victrola

Ingredients

- 1.5 oz. gin
- 1.5 oz. fresh grapefruit juice (1/4 grapefruit wedge)
- ½ oz. lemon juice
- ½ oz. Stevia syrup
- 1 splash of grenadine
- Ice
- Twist of lemon

Cocktail Equipment:

Cocktail glass, cocktail shaker & strainer

Directions:

1. Fill cocktail shaker half way with ice.
2. Combine all ingredients into shaker.
3. Shake well.
4. Strain into cocktail glass.
5. Garnish with lemon twist.

Recipe makes 1 serving.



Naughty Mother

Calories: 142 per serving

Compared to big bar version with cream at 574 calories

Ingredients:

- 1.5 oz. Brandy
- 0.5 oz. Kahlua
- Ice (to fill glass)

Cocktail Equipment:

[Rocks Glass](#)

Directions:

1. Pour ice into Rocks Glass.
2. Pour Brandy, then Kahlua over ice.
3. Swirl to mix. Enjoy!

Recipe makes 1 serving.



New Amsterdam

Calories: 136 per serving

Compared to a Manhattan which has 270 per serving

This take on an old-fashioned cocktail has seen an increase in popularity as more people are looking for sophisticated cocktails without all the fuss. If you're in the mood for something similar change the Canadian Whisky to Scotch Whiskey, seven more calories is the only real difference!

Ingredients:

- 1.5 oz. Canadian whisky
- ¾ oz. Sweet vermouth
- Dash of Angostura bitters
- 1 Maraschino cherry with stem

Cocktail Equipment:

[Cocktail Shaker](#), [Cocktail Glass](#) and [Strainer](#)

Directions:

1. Fill Cocktail Shaker with ice.
2. Pour in whisky, vermouth and bitters.
3. Stir and strain into Cocktail Glass.
4. Add 1 partially-sliced Maraschino cherry and enjoy!

Recipe makes 1 serving.



Pomegranate Pizzazz

121 calories per serving

Compared to 162 calories when regular tonic is used

Ingredients

- 1.5 oz. gin
- 0.75 oz. pomegranate juice
- ¼ tsp. pomegranate simple syrup
- 1 lime wedge
- 4 oz. diet tonic water
- Ice

Cocktail Equipment:

[Collins glass](#), [Cocktail Shaker](#), [Jigger](#) & [Strainer](#)

Directions:

1. Pour ice into Collins glass.
2. Combine gin, juice, and syrup in cocktail shaker.
3. Shake well.
4. Pour over ice.
5. Fill with tonic water and garnish with lime.

Recipe makes 1 serving.



Secret Rendez-Vous

Calories: 176 per serving

Compared to 351 per serving when made at the bar

Ingredients:

1.5 oz. Cognac

1 oz. Amaretto liqueur

Ice

Cocktail Equipment:

[Rocks Glass](#)

Directions:

1. Pour all ingredients into Rocks Glass.
2. Stir to blend. Drink up!

Recipe makes 1 serving.



Seven & A Half

Calories: 99 per serving

Compared to a traditional 7&7 which has 199 calories

Ingredients:

- Ice
- 3 oz. Canadian whisky (Seagram's 7 crown is traditional)
- 6 oz. Diet 7 Up
- 1 lemon wedge

Cocktail Equipment:

[Rocks Glass](#)

Directions:

1. Fill Rocks Glass with ice.
2. Pour whisky over ice.
3. Pour 7 Up over ice.
4. Stir and garnish with lemon wedge.

Recipe makes one Seven And A Half.



The Tag Along

Calories: 74 per serving

Compared to a Sidecar which has 170 per serving

When your favorite cocktail is a classic, finding low calorie alternatives can be difficult if you don't know much about alcohol. This low calorie Sidecar alternative tastes just as good without all the guilt or hard work!

Ingredients:

- 1 oz. Crown Royal Special Reserve
- 2 oz. Sweet and sour mix
- 1 Lime wedges
- ¼ oz. Triple sec
- Ice
- Sugar

Cocktail Equipment:

[Cocktail Glass](#), [Cocktail Shaker](#) with [Strainer](#).

Directions:

1. Wet rim of cocktail glass with water or lime.
2. Run glass rim through sugar until coated.
3. Fill Cocktail Shaker with ice.
4. Add Crown Royal, sweet and sour mix and triple sec and shake.
5. Strain into Cocktail Glass and garnish with lime wedge.

Recipe makes 1 serving.



Blended *Low Calorie Cocktails*

Blended cocktails - that is, cocktails with more than one mixer - are where our weight loss efforts really get into trouble. Multiple mixers make it difficult to keep track of calories, not to mention the sheer number of calories they add to any cocktail.

When it comes to making low calorie blended cocktails, serving size is a very important factor. Adhering to serving size, which is easier at home, is the best method of making sure you're sticking to your drink and calorie goals for the evening. When someone else is making the drinks be sure to ask for a 'single' to make sure you're getting the proper serving size.

Most alcoholic establishments generally adhere to single and double drink sizes, with single measurements being the traditional serving size.

Fruits & Vegetables

When it comes to frozen blended drinks, like daiquiris and margaritas, don't be afraid to turn to low calorie alternatives like frozen fruits and vegetables. This is a healthy and low-cal substitute for sugar-filled mixers. Not only are you getting an extra serving of fruits or vegetables for the day, but you're keeping your calorie count at an acceptable level so you don't have to sulk in the corner while your pals are living it up.

Pureed or frozen fruit serves as the mix and the sweetener for blended cocktails, while also adding just a few calories to your daily calorie count. Blended cocktails give you a great way to enjoy cocktails - especially when the temperature goes up - without sacrificing your hard dieting work.

When it comes to low calorie blended cocktails, think of smoothies with a hint of booze as a calorie-saving alternative. Smoothies have become incredibly popular the world over because they are refreshing, fruity and oh so delicious! Add a shot of alcohol to your favorite smoothie combination and you can enjoy a cocktail without exceeding your daily calories!



A Kissed Toad

Calories: 99 per serving

Compared to 279 calories with regular soda at a bar

Ingredients:

- 1 oz. vodka
- ½ cup of ice
- 2.5 oz. Diet Ginger Ale
- 1 lime wedge, sliced
- ⅓ cup each chopped kiwi and honey dew melon

Cocktail Equipment:

[Collins Glass](#) and [Blender](#).

Directions:

1. Place vodka, ginger ale, lime and ice into blender on low for 5 seconds.
2. Add mix fruit mixture and blend on low for another 5 seconds. Don't completely blend fruits.
3. Pour into a chilled glass.
4. This drink should have chunks of fruit in it.
5. Enjoy!!

Recipe makes 1 servings.



Apple-Kiwi Smoothie

Calories: 157 per serving

Compared to 315 calories when blended by a pro!

Ingredients:

- 1 kiwi peeled and diced
- 1.5 oz. gin
- 1 tsp. simple syrup
- 1/3 cup ice
- ½ tbsp. lemon juice
- ¼ Granny Smith apple, peeled & diced

Cocktail Equipment:

[Blender](#), [Cocktail Glass](#) & [Straw](#).

Directions:

1. Combine vodka or gin, syrup, lemon juice, kiwi and apples in blender until smooth.
2. Add ice to blender and run until slushy like a smoothie.
3. Pour into Cocktail Glass.
4. Garnish with kiwi or apple slices (optional).

Recipe makes 1 serving.



Cinnamon Dreamsicle

103 calories per serving

Compared to 348 calories with regular soda and whipped cream topping

Ingredients

- 1 oz. cinnamon schnapps
- 6 oz. diet Cream soda
- 1 cup ice

Cocktail Equipment:

[Blender](#) & [Highball Glass](#)

Directions:

1. Combine schnapps, ice and soda in a blender.
2. Blend until slushy.
3. Pour into glass

Recipe makes 1 serving.



“Iced” Tea* *(Super calorie Saver!)*

Calories: 109 per serving

Compared to 444 calories in a Long Island Iced Tea

Ingredients:

- 1 bag Black tea
- ¼ cup Blackberries
- ¼ tbsp. agave nectar
- 1 lime wedge, juiced
- 2 oz. Brandy
- ⅓ cup cold water
- Ice

Cocktail Equipment:

[Rocks Glass](#) and [Muddler](#)

Directions:

1. Prepare tea as instructed.
2. Place blackberries, agave nectar and lime juice in a large bowl and muddle until berries are broken down and lots of liquid is produced. Let mixture sit 30 minutes to blend.
3. Place Ice in glass to chill, or chill glasses in freezer if possible.
4. Drain blackberry mixture until juice remains.
5. Combine with tea and pour over ice.
6. Pour shot of brandy over glass and stir.

Recipe makes 1 serving.



Low Cal Strawberry Daiquiri

Calories: 142 per serving

Compared to 284 calories with daiquiri mix

Ingredients

- 10 medium strawberries, chopped
- 2 oz light rum
- 1 oz lime juice
- 1 cup ice

Cocktail Equipment:

[Blender](#), [Straw](#) & [Champagne saucer](#).

Directions:

1. Combine all ingredients in a blender and mix until smooth.
2. Pour into a tall glass and serve with a straw.

Recipe makes 1 serving.



Orange Crush

Calories: 138 per serving

Compared to 234 calories in traditional Orange Crush

Ingredients

- 1.5 oz. Grey Goose L'Orange vodka
- 6 oz. frozen l'orangeade concentrate
- 1 lemon wedge

Cocktail Equipment:

[Blender](#), [Jigger](#) & [Champagne saucer](#)

Directions:

1. Combine vodka and l'orangeade into blender.
2. Add juice from lemon wedge.
3. Blend until thick & smooth.
4. Pour into champagne saucer

Recipe makes 1 serving.



Rhubarb Pie

112 calories per cocktail

Compared to 230 in traditional Rhubarb-Strawberry Pie cocktail

Ingredients

- 1.5 oz. gin
- 3 basil leaves, cut into strips
- Club soda
- Ice
- 3 tbsp. rhubarb puree

Cocktail Equipment:

[Old fashioned glass](#) & [Jigger](#)

Directions:

1. Make rhubarb puree: chop 12 stalks of rhubarb and combine with 1 cup sugar and 1/3 cup of water. Bring to boil over medium heat and cook until soft, about 10 minutes. Add mixture to food processor until smooth, then strain. Refrigerate leftover puree.
2. Put basil in bottom of glass, bruising slightly to release oils.
3. Stir in rhubarb puree.
4. Add gin and ice.
5. Fill with club soda.
6. Garnish with basil leaf.

Recipe makes 1 serving.



Rum Cooler

Calories: 106 per serving

Compared to 378 calories when served in a Hurricane Glass

Ingredients

- 1.5 oz. white rum
- 1 oz. lime juice
- 2 cup crushed ice
- ½ tsp. Stevia syrup
- 1 Lime slice

Cocktail Equipment:

[Cocktail Shaker](#) with [Strainer](#) & [Rocks Glass](#)

Directions:

1. Place ice in Cocktail Shaker.
2. Pour lime juice, rum, and syrup over ice and shake well.
3. Strain into Cocktail Glass.
4. Garnish with slice of lime.

Recipe makes 1 serving.

*** MIKE: rocks or cocktail glass???



Shake Your Cuboose

Calories: 105 per serving

Compare to 251 calories in traditional Caboose cocktail

Ingredients

- 1 oz. rum
- ½ cup pineapple
- 3 oz. diet ginger ale
- 1 lime slice

Cocktail Equipment:

[Margarita glass](#) & [blender](#)

Directions:

1. Combine rum, pineapple and ginger ale into blender.
2. Run until smooth.
3. Pour into margarita glass.
4. Garnish with lime slice.

Recipe makes 1 serving.



Spicy Pineapple Margarita

Calories: 182 per serving

Compared to 290 when pre-made Margarita mix is used

Ingredients:

- ½ cup diced pineapple
- 2 oz. tequila
- ¼ tbsp. kosher salt
- ⅓ tsp. chili powder
- Ice (to fill [Cocktail Shaker](#))
- ½ limes, juiced
- ¼ tbsp. agave nectar

Cocktail Equipment:

[Rocks Glass](#) and [Blender](#), margarita sponge

Directions:

1. Combine salt and chili powder on small plate.
2. Wet rim of 1 short glass with lime juice or water, margarita sponge works perfectly for this task.
3. Dip rim of glass in salt/chili mixture. Set aside.
4. Blend pineapple, tequila, lime juice and honey in blender until smooth.
5. Add ice and blend until you have an icy margarita.
6. Pour into salt & chili-rimmed glass and garnish with lime slice.
7. For “on the rocks” version, use pineapple juice and cocktail shaker

Recipe makes 1 serving.



Summer Slush

Calories: 128 per serving

Compared to 233 calories in traditional recipe

Ingredients

- 4 oz. champagne
- ½ cup watermelon diced
- 1 oz. lemon sorbet
- Watermelon slice or wedge

Cocktail Equipment:

[Blender](#) & [Highball glass](#)

Directions

1. Combine watermelon, champagne and sorbet in blender.
2. Run until smooth & slushy.
3. Pour into highball glass
4. Garnish with watermelon slice

Recipe makes 1 serving.



Tropical Blizzard

Calories: 155 per serving

Compared to 351 calories in a Collins Glass

Ingredients

- 1.5 oz. silver tequila
- ½ cup pineapple chunks
- 1 lime, juiced
- 1 lime wedge
- ½ cup ice

Cocktail equipment:

[Rocks Glass](#) and [Blender](#)

Directions:

1. Combine tequila, pineapple, ice and lime juice in blender.
2. Run until smooth.
3. Pour into Rocks Glass and garnish with lime wedge.

Recipe makes 1 serving.



Watermelon Hangover

Calories: 126 per serving

Compared to 252 calories in traditional Collins glass

Ingredients

- 0.50 oz. vodka
- 0.50 oz. silver tequila
- 0.50 oz. cognac
- ½ cup watermelon, diced
- 1 pinch pink sea salt

Cocktail Equipment:

[Cocktail Glass](#), [Blender](#) & [Jigger](#)

Directions:

1. Wet rim of cocktail glass and cover with sea salt.
2. Combine remaining ingredients in blender and run until smooth.
3. Pour into cocktail glass.

Recipe makes 1 serving.



Watermelon Splash

Calories: 144 per serving

Compared to 271 calories when using 2 oz. Watermelon Schnapps

Ingredients:

- ½ cup watermelon, cubed
- 1.5 oz. Tequila
- 2 tbsp. Lime juice
- ½ cup ice
- ½ tbsp. Cointreau®

Cocktail Equipment:

[Rocks Glass](#) and [Blender](#)

Directions:

1. Place watermelon, tequila, lime juice and orange liqueur in blender until smooth.
2. Add ice to blender and run again until blend is slushy.
3. Pour into Rocks Glass and enjoy!
4. Place sweet & sour mix of salt & sugar around glass rim if desired.

Recipe makes 1 serving.



Whiskey Float

Calories: 123 per serving

Compared to 285 calories in the traditional grown up float

Ingredients

- 1 oz. Jack Daniels
- ¼ cup vanilla ice cream
- 6 oz. Diet root beer

Cocktail Equipment:

[Highball glass](#)

Directions:

1. Pour whiskey into highball glass.
2. Top with root beer.
3. Place scoop of ice cream in glass.

Recipe makes 1 serving.



Quick & Easy *Low Calorie Cocktails*

One thing you've probably learned on your weight loss journey is how important it is to make life quick and easy. Of course that isn't always possible, but in this case you're in luck - making your own low calorie cocktails can be both quick and easy.

Keep cocktail choices simple without sacrificing creativity by using interesting and unique ingredients, not just a lot of ingredients. Throughout this chapter we will guide you through a multitude of ways to create delicious cocktails - that just happen to be low in calories, of course.

When you prepare yourself ahead of time, cocktail hour becomes less overwhelming and far more enjoyable. The key to low calorie drinking is simple: have the knowledge to order what you want to drink, not what the bartender convinces you is a good choice.

Make Ahead Items

An important factor in making quick and easy low calorie cocktails is to always be prepared. (I think that may be the Boy Scouts motto too, but it's just as true for grownups who want to drink and be thin!)

Being prepared will serve your weight loss purpose in several ways;

- Having ingredients on hand means no impulsive sugary mixers.
- Being prepared discourages you from using high calorie ingredients.
- Having a plan makes it difficult to 'live in the moment' with tons of calories.

Whether you're entertaining guests at home or simply whipping up a cocktail to go with a well-balanced dinner, being prepared to make low calorie drinks will make it easier to reach your current (and future!) weight loss goals.

Items that you can make ahead and simply store include simple syrup and fruit and vegetable juices. The first is quick and easy, with less calories than plain old sugar, and the latter is super handy especially if your mouth is craving a fruity cocktail. But don't just think of fruit, vegetables like carrots have the perfect flavor for a frozen cocktail!

Use our low calorie cocktails to get you started and then use them to create your own version of these low calorie wonders!



80's Peach Beach Blanket

Calories: 120 per serving

Compared to 315 calories bar size with regular 7Up

Ingredients:

- 4 oz. Chablis
- 6 oz. Diet 7Up, chilled
- 2 oz. peach juice
- Ice

Cocktail Equipment:

[Red Wine Glass](#) & [Cocktail Shaker](#) with [Strainer](#)

Directions:

1. Pour ice into Cocktail Shaker.
2. Pour Chablis and peach juice over ice.
3. Shake lightly.
4. Pour into Red Wine Glass and top with 7Up.

Recipe makes 1 serving.



Berries & Water

Calories: 123 per serving

Compared to 367 calories when served straight up

Ingredients

- 1 oz. Absolut Kurant
- ½ oz. raspberry liqueur
- Diet tonic water
- Ice
- 2 raspberries
- 1 lime wedge

Cocktail Equipment:

[Collins Glass](#) & [Straws](#).

Directions:

1. Fill Collins Glass with ice
2. Pour vodka and liqueur over ice.
3. Fill with tonic water
4. Garnish with raspberries & lime.

Recipe makes 1 serving.



Bitter Ex

Calories: 107 per serving

Compared to 153 calories with regular lemon soda

Ingredients

- 1.5 oz. vodka
- Crushed ice
- 4 oz. diet bitter lemon soda (Schweppes)
- 1 lime wedge

Cocktail Equipment:

[Highball glass](#) & [Jigger](#)

Directions:

1. Fill highball glass with ice.
2. Pour vodka and lemon soda over ice.
3. Garnish with lemon wedge.

Recipe makes 1 serving.



Breezy Grapefruit Fizz

Calories: 122 per serving

Compared to 282 calories when served in a Collins Glass

Ingredients

1 jigger of vodka

¼ grapefruit, juiced

Ice

Diet tonic water

Pinch of fresh black pepper

Cocktail Equipment:

[Cocktail Shaker](#), [Jigger](#), [Strainer](#), and [Old Fashioned Glass](#)

Directions:

1. Fill glass with ice.
2. Sprinkle black pepper over ice
3. Pour in vodka and grapefruit juice into cocktail shaker.
4. Shake well and strain over ice.
5. Fill with diet tonic water.

Recipe makes 1 serving.



The Debbie Gibson

Calories: 136 per serving

Compared to 272 calories when cocktail glass is full!

Very few drinks are easier to make than The Debbie Gibson. Garnished with cocktail onions, this cocktail has a unique flavor whose popularity has surpassed its namesake.

Ingredients:

- 1.5 oz. Gin
- ¾ oz. Vermouth
- 2 cocktail onions
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Cocktail Glass](#) with [Strainer](#).

Directions:

1. Add ice cubes to Cocktail Shaker until full.
2. Add in gin and vermouth.
3. Stir until blended.
4. Strain into Cocktail Glass
5. Garnish with cocktail onions.

Recipe makes 1 serving.



Dinner Time

Calories: 137 per serving

Compare to 245 calories in original cocktail.

Ingredients

1.5 oz. gin

¼ oz. white sambuca

2 dashes orange bitters

Ice

Orange twist

Cocktail Equipment:

[Jigger](#), [Cocktail Glass](#), [Cocktail Shaker](#) & [Strainer](#)

Directions:

1. Fill cocktail shaker half full with ice.
2. Chill cocktail glass with a few cubes of ice.
3. Pour gin, sambuca and bitters into cocktail shaker.
4. Shake gently.
5. Strain into cocktail glass.
6. Garnish with a orange twist.

Recipe makes 1 serving



Foggy Nights, Misty Mornings

Calories: 101 per serving

Compared to 236 calories in a Rocks Glass with syrup!

Ingredients:

- 1.5 oz. tequila
- 1 lime wedge, juiced
- 1/8 tsp. sugar
- 1/8 tsp. salt
- Ice

Cocktail Equipment:

[Tall Shot Glass](#), [Strainer](#) & [Cocktail Shaker](#)

Directions:

1. Combine sugar and salt together on small plate
2. Wet rim of shot glass and run through sugar/salt combo
3. Add ice to Cocktail Shaker.
4. Add tequila and shake vigorously.
5. Strain tequila into glass and squeeze lemon wedge on top.
6. When shot begins to fog... enjoy!

Recipe makes 1 cocktail.



Gin-Berry Breeze

Calories: 122 per serving

Compared to 279 calories with regular Sprite and served in a Collins Glass

Ingredients

- 1.5 oz. gin
- 3 oz. Diet Sprite
- 3 strawberries, quartered
- Ice

Cocktail Equipment:

[Highball Glass](#) and [Straws](#).

Directions:

1. Fill Highball Glass with strawberries, then crushed ice.
2. Add gin, then pour Sprite on top.
3. Add Straw.

Recipe makes 1 serving.



Ginger Crown

Calories: 104 per serving

Compared to a standard Ginger Crown which has 254 per serving

Living life and celebrating its many occasions should be fun, but when you worry about counting calories it can be less fun. This cocktail is truly a low-calorie gem that is packed with flavor that drinkers of all stripes can enjoy!

Ingredients:

- 1.5 oz. Crown Royal
- 3 oz. Diet ginger Ale
- 1 Lime wedge
- Ice

Cocktail Equipment:

[Highball Glass](#) & [Straw](#) (optional).

Directions:

1. Fill your Highball Glass with ice.
2. Pour Crown Royal and ginger ale over ice.
3. Garnish with wedge of lime.

Recipe makes 1 serving.



Gin Sunset

Calories: 130 per serving

Compared to 319 calories when Everclear is used

Ingredients

- 1.5 oz. gin
- 2 oz. pineapple juice
- 4 oz. diet 7 Up
- 1 orange wedge
- Ice

Cocktail Equipment:

[Rocks glass](#), [Jigger](#) & [Cocktail shaker](#)

Directions:

1. Combine gin and pineapple juice in cocktail shaker.
2. Blend well.
3. Fill rocks glass with ice
4. Strain in gin and pineapple juice.
5. Pour soda over ice.
6. Garnish with orange wedge.

Recipe makes 1 serving.



The Good Stuff

Calories: 119 per serving

Compared to 236 calories when served in double shot glass

Ingredients

- 1.5 oz. tequila
- 5 dashes bitters
- 1 lime wedge
- 3 twists, fresh ground black pepper

Cocktail Equipment:

[Jigger](#), [Shot Glass](#)

Directions:

1. Combine bitters and black pepper until a paste forms.
2. Coat lime wedge with paste. Set aside.
3. Pour tequila into shot glass.
4. Serve lime wedge on top of shot glass.
5. Enjoy like classic 'tequila shot'!

Recipe makes 1 serving.



Gypsy Shuffle

Calories: 138 per serving

Compared to 213 calories with regular cream soda

Ingredients

- 1 oz. vodka
- 1 oz. whisky
- 1 lime slice
- 5 oz. diet cream soda
- Ice cubes

Cocktail Equipment:

[Highball glass](#)

Directions:

1. Pour ice into glass.
2. Pour vodka & whisky over ice cubes.
3. Fill with soda.
4. Garnish with lime slice.

Recipe makes 1 serving.



Lé Screwdriver

Calories: 147 per serving

Compared to traditional Screwdriver which has 299 calories

This popular vodka drink is the perfect low calorie option for those who love vodka but need something slightly stronger than tonic water!

Ingredients:

- 1.5 oz. Grey Goose L'Orange® vodka
- 3.5 oz. Orangina soda
- 1 Orange slice

Cocktail Equipment:

Old-Fashioned Glass.

Directions:

1. Fill glass nearly to the top with ice.
2. Pour vodka and Orangina over ice.
3. Stir and garnish with orange slice (or maraschino cherry).

Recipe makes 1 serving.



Lil' Irish Leprechaun

Calories: 186 per serving

Compared to 331 calories in an Irish Martini

Ingredients

- 1 oz. Jameson's Irish Whiskey 69
- 1 oz. Bailey's Mint Chocolate Irish Cream 117
- Ice

Cocktail Equipment:

[Old Fashioned Glass](#)

Directions:

1. Pour ice into Old Fashioned Glass.
2. Pour whiskey and Irish cream.
3. Stir and enjoy

Recipe makes 1 serving.



Long Kiss Goodnight

Calories: 105 per serving

Ingredients

- 4 oz. champagne
- 1 drop Angostura bitters
- 1 splash Campari
- 1 sugar cube

Cocktail Equipment:

Champagne flute

Directions:

1. Add 1 drop of Angostura bitters to sugar cube.
2. Drop cube into bottom of Champagne flute.
3. Pour champagne over sugar cube, then Campari.
4. Swirl and enjoy!

Recipe makes 1 serving.



Mexican Coffee

Calories: 122 per serving

Compared to 244 calories in a traditional double shot

Ingredients

- 1 oz. Tequila
- 1 oz. coffee liqueur
- Ice

Cocktail Equipment:

[Shot Glass](#), [Cocktail Shaker](#) & [Strainer](#)

Directions:

1. Pour coffee liqueur in Shot Glass.
2. Add ice and tequila to Shaker.
3. Shake well to chill tequila.
4. Strain slowly over liqueur.

Recipe makes 1 serving.



New Old-Fashioned

Calories: 132 per serving

Compared to 264 calories when made by a pro-bartender

Traditionally considered the retro drink of all time, an Old Fashioned cocktail is both quick and easy to make.

With limited ingredients and lots of flavor this New Old-Fashioned will become your standard night out drink.

Ingredients:

- 1 shot Jim Beam (or other Bourbon)
- 1 tsp. brown sugar
- ½ tsp. of Angostura bitters
- 1 tsp. diet tonic
- 1 orange wedge (for garnish)
- 1 Maraschino cherry (for garnish)

Cocktail Equipment:

[Old Fashioned Glass](#) and [Muddler](#) or spoon.

Directions:

1. Muddle sugar, water and bitters together in Old Fashioned Glass until sugar dissolves.
2. Fill glass with ice over muddled mixture.
3. Pour bourbon over ice cubes and stir.
4. Garnish with orange wedge and cherry.

Recipe makes 1 serving.



Norwegian Airlines

Calories: 122 per serving

Compared to 437 calories with regular Sprite served in a Highball Glass

Ingredients:

- ¾ oz. vodka
- ¾ oz. apricot brandy
- Juice of 1 lime wedge
- Ice
- 4 oz. Diet Sprite
- 1 lime wedge
- 1 orange wedge
- 2 mint leaves

Cocktail Equipment:

[Rocks Glass](#) & [Straws](#).

Directions:

1. Fill Rocks Glass with ice.
2. Pour vodka, brandy and lime juice over ice.
3. Fill with sprite and stir.
4. Garnish with orange & lime wedges and mint leaves.

Recipe makes 1 serving.



Old Irish 2.0

Calories: 138 per serving

Compared to 379 calories when served in a traditional litre glass!

It doesn't have to be St. Paddy's day for you to enjoy this all-Irish low calorie version of the Black & Tan! Pay attention to serving size and you'll enjoy this fun low calorie cocktail. If you've never made this, you're going to find out how this cocktail was named!

Ingredients:

- 6 oz. Guinness Draught
- 6 oz. Smithwick's Ale

Cocktail Equipment:

[Beer Mug](#) and kitchen spoon.

Directions:

1. Pour Smithwick's Ale into mug.
2. Pour Guinness over the back of a spoon into the Beer Mug.
3. Enjoy!

If done correctly, the Guinness will stay on top for a cool black and tan presentation.

Recipe makes 1 serving.



Peachy Keen Bellini

Calories: 132 per serving

Compared to 264 calories at a bar where you get leftover bellini!

In case you ever need an excuse to start drinking earlier in the day, this low calorie cocktail is the perfect excuse. It's tasty, refreshing and surprisingly friendly to the drinker on a diet!

Ingredients:

- 2.5 oz. Champagne
- ¾ oz. Chilled peach nectar
- ½ Orange, juiced
- 1 Peach slices

Cocktail Equipment:

[Champagne Flute](#)

Directions:

1. Place peaches in the bottom of flute.
2. Pour a little nectar over peach.
3. Top with chilled champagne and the juice of the orange.
4. Enjoy brunch!

Recipe makes 1 serving.



Scary Mary Spice

Calories: 133 per serving

Compared to 400 calories when served in a Collins Glass at the bar!

This low calorie version of the Bloody Mary will make you long for a hangover after a night of fun!

Ingredients:

- 1.5 oz. Vodka
- 2.5 oz. Spicy tomato & clam juice
- Pinch of kosher salt & pepper
- 1 dash of hot sauce
- 1 dash of Worcestershire sauce
- 2 lemon wedges
- ½ tsp. sugar
- ½ tsp. chili powder
- Ice

Cocktail Equipment:

[Highball Glass](#), [Cocktail Shaker](#), [Strainer](#) and [Straw](#) (optional).

Directions:

1. Combine sugar and chili powder on small plate.
2. Wet the rim of Highball Glass.
3. Twist rim of glass through sugar and chili mixture.
4. Fill Collins Glass and Cocktail Shaker with ice. Set aside Collins glass.
5. Pour in vodka, tomato juice, salt, pepper, hot sauce, Worcestershire sauce and the juice of 1 lemon wedge.
6. Shake & Strain into iced Collins Glass.
7. Garnish with remaining lemon wedge.

Recipe makes 1 serving.



Scoda

Calories: 133 per serving

Compared to 205 calories when paired with Coke instead of club soda

Scoda is a skinny Scotch & Soda and is the cocktail to have if you're looking for a simple way to enjoy scotch without a mess of calories to calculate.

Ingredients:

- 2 oz. Scotch
- 6 oz. Club soda
- 1 lemon wedge

Cocktail Equipment:

Highball Glass.

Directions:

1. Fill Highball Glass with ice.
2. Pour Scotch and club soda over ice.
3. Add lemon wedge and stir.
4. Enjoy!

Recipe makes 1 serving.



Skinny Gimlet

Calories: 106 per serving

Compared to 193 calories when served at the bar - size is everything!

This low calorie cocktail is just right for the gin lover looking for a tasty yet low calorie way to enjoy it. The Skinny Gimlet is easy to make, has very few ingredients and a refreshing flavor like no other cocktail.

Ingredients:

- 1.5 oz. Gin
- 1 twist of lime
- 1 lime, juiced
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Cocktail Glass](#) and [Strainer](#)

Directions:

1. Fill cocktail shaker half way with ice.
2. Add gin and the juice of 1 lime to shaker.
3. Stir and strain into cocktail glass.
4. Place lime twist garnish on rim of glass.
5. Drink up!

Recipe makes 1 serving.



Southwest Cosmo

Calories: 122 per serving

Compared to 225 calories when a triple sec is added

Ingredients

- 1.5 oz. silver tequila
- 1 oz. lime juice
- 1 oz. cranberry juice
- Ice
- Lime slice

Cocktail Equipment:

[Cocktail Glass](#) & [Cocktail Shaker](#)

Directions:

1. Chill Cocktail Glass by filling with ice, then fill Cocktail Shaker with ice.
2. Add tequila, cranberry juice and lime juice.
3. Shake well.
4. Discard ice from Cocktail Glass.
5. Strain tequila combo into glass.
6. Garnish with slice of lime.

Recipe makes 1 cocktail.



Sweet Peach Tea

Calories: 135 per serving

Compared to 290 calories in original Southern Tea recipe

Ingredients

- 8 oz. iced tea
- ½ oz. peach liqueur
- 1 oz. peach brandy
- 1 tsp. Stevia syrup
- 1 lemon wedge
- Ice
- 1 sprig of fresh mint

Cocktail Equipment:

[Glass tumbler](#) & [Tongs](#)

Directions:

1. Fill tumbler with ice.
2. Stir all ingredients over ice.
3. Garnish with lemon wedge and mint sprig.

Recipe makes 1 serving.



Thin Mint Julep

Calories: 117 per serving

Compared to 346 calories when served in a Collins Glass!

When you're in need of a tasty cocktail without a lot of sugar and juice, this Southern cocktail will become your go-to drink.

Pair it with a low-cal Southern style dinner for an elegant party!

Secret Hint: Use top-shelf Bourbon since it shines brightly in this cocktail.

Ingredients

- 1.5 oz. Bourbon
- 4 Fresh mint leaves
- 1 tsp. sugar
- 2 tsp. water
- Crushed ice

Cocktail Equipment:

[Muddler](#), [Highball Glass](#) and [Straws](#).

Directions:

1. In the bottom of glass, muddle mint leaves, sugar and water.
2. Fill glass with ice.
3. Pour bourbon into glass
4. Add more ice, garnish with mint if desired. Serve with straw.

Recipe makes 1 serving.



Vodka & Tonic

Calories: 111 per serving

Compared to 349 calories when served in a Highball Glass

This is the perfect cocktail for dieters who enjoy the taste of alcohol, but looking for a low calorie way to tone down the taste.

Ingredients:

- Ice
- 1.5 oz. gin or vodka
- 1.5 oz. diet tonic water
- 1 lime wedge

Cocktail Equipment:

[Rocks Glass](#)

Directions:

1. Pour ice into Rocks Glass.
2. Pour gin or vodka and tonic water over ice
3. Squeeze lime juice over top of drink or drop it in.
4. Enjoy!

Recipe makes 1 serving.



Vodka Supreme

Calories: 111 per serving

Compare to 604 calories when regular soda is added

Ingredients

- 1.5 oz. vodka
- 4 oz. diet grapefruit soda
- 1 lime slice
- ½ tsp. each salt & sugar
- Ice

Cocktail Equipment:

[Highball Glass](#) & [Jigger](#)

Directions:

1. Combine salt and sugar on small saucer.
2. Wet rim of highball glass with lime wedge.
3. Coat the rim with salt & sugar mix.
4. Fill highball with ice.
5. Pour vodka and soda over ice.
6. Garnish with lime slice.

Recipe makes 1 serving,



Walk o'Shame

Calories: 114 per serving

Compare to 228 calories when served in an old fashioned glass

Ingredients

- 1 oz. tequila
- ½ oz. Sambuca
- 2 dashes, tobasco sauce
- Ice

Cocktail Equipment:

[Shot glass](#) & [Cocktail Shaker](#)

Directions:

1. Mix tequila, ice and Sambuca in cocktail shaker.
2. Shake well.
3. Strain into shot glass.
4. Enjoy!

Recipe makes 1 serving.



New Low Calorie Classics

When it comes to creating cocktails, you'd think rather than constantly relying on delicious but old classics, new cocktails would be created regularly. But you'd be wrong... until now!

Since we've covered the retro classics, complete with a low calorie twist for your weight loss enjoyment, we're now revealing some new low calorie cocktails to add to your repertoire.

When deciding on which cocktails would make the cut I used several factors:

- Cocktail size vs. calorie count. It's easy to make a tiny drink without a lot of calories!
- How easy the cocktail is to prepare.
- Limited ingredients.
- Commonly used ingredients.

By following these criteria in general, you will find it much easier to create low calorie concoctions whenever you like.



The All Nighter

Calories: 100 per serving

Compared to 235 calories in traditional All-Nighter in highball glass.

Ingredients

- 1.5 oz. white rum
- 3 oz. diet Mountain Dew
- 3 oz. Red Bull (sugar free)
- Ice

Cocktail Equipment:

[Rocks glass](#), [Jigger](#) & [Cocktail tongs](#)

Directions:

1. Pour ice into rocks glass.
2. Pour rum, soda and Red Bull over ice
3. Stir.

Recipe makes 1 serving



Aperol Spritz

Calories: 153 per serving

Compared to 234 calories with traditional measurements

Ingredients

- 2.5 oz. Prosecco
- 1 oz. Aperol orange liqueur
- 1 oz. Sparkling water
- Lemon slice
- Orange slice
- 1 cocktail olive
- Ice cubes

Cocktail Equipment:

[Rocks glass](#) & [Tongs](#)

Directions:

1. Put ice cubes in rocks glass.
2. Add Prosecco, sparkling water and Aperol. In this order.
3. Garnish with orange & lemon slice and an olive.

Recipe makes 1 serving



Beer & Limon

Calories: 141 per serving

Compared to 341 when full beer is used and 2 ounces of rum

Beer is certainly one type of alcohol that has earned a spot among modern cocktail creators. The many varieties of beer blend well with other liquors for a blast of flavor. And best of all you get a little beer and a little booze in just a little bit of calories.

Ingredients

- 1 oz. Limon rum (Bacardi)
- 6 oz. Corona lager

Cocktail Equipment:

[Pilsner](#) & [Shot Glass](#).

Directions:

1. Pour lager into frozen mug.
2. Top with Bacardi.
3. Enjoy!

Recipe makes 1 serving.



Bird Shot

Calories: 106 per serving

Compared to 366 calories when made to serve in old-fashioned glass.

One modern trend that has been renewed and improved is shot cocktails like the Bird Shot. Smart drinkers who always keep their weight loss in mind find the small size of shot cocktails more appealing and easier to manage than monstrous cocktails.

Ingredients

- 1 oz. Honey
- ½ oz. Brandy
- 1 tbsp. light whipped cream
- 1 dash of nutmeg

Cocktail Equipment:

[Cocktail Shaker](#) & [Tall Shot Glass](#).

Directions:

1. Fill Cocktail Shaker with ice.
2. Combine honey and brandy in shaker and shake until well blended.
3. Strain into tall shot glass.
4. Garnish with whipped cream and nutmeg.

Recipe makes 1 serving.



Black & Gold

Calories: 101 per serving

Compared to 135 calories with regular soda

Ingredients

- 1.5 oz. whiskey (recommended: Johnny Walker black)
- 2 oz. diet cream soda
- 2 lime wedges
- 1 dash brown sugar (granulated)
- Ice

Cocktail Equipment:

[Jigger](#), [Old Fashioned Glass](#) & [Tongs](#)

Directions:

1. Run lime wedge along rim of glass.
2. Dip glass edge in brown sugar to coat.
3. Put ice cubes into glass.
4. Pour in whiskey and cream soda.
5. Squeeze lime wedge into glass & garnish with remaining wedge.

Recipe makes 1 serving.



Fancy Gin & Juice

Calories: 122 per serving

Compared to 366 calories when served in standard highball glass.

Ingredients

- 1.5 oz. Gin
- 1 oz. peach nectar
- Ice cubes

Cocktail Equipment:

[Old Fashioned Glass](#), [Jigger](#) and [Cocktail Tongs](#)

Directions:

1. Place ice in old fashioned glass
2. Pour in gin and peach nectar
3. Swirl to blend

Recipe makes 1 serving.



Free Byrd

Calories: 139 per serving

Compared to 253 calories per 10 ounce serving

Ingredients

- 1.5 oz. Jim Beam 100
- 3 oz. Diet orange soda
- 1 orange, juiced
- 1 orange slice
- Ice

Cocktail Equipment:

[Glass tumbler](#) & [Cocktail Shaker](#).

Directions:

1. Pour ice into shaker and glass.
2. Add Jim Beam, orange juice and soda.
3. Shake well.
4. Pour over ice and garnish with orange slice.

Recipe makes 1 serving.



The French Way

Calories: 133 per serving

Compared to 338 calories in a rocks glass

Ingredients

- 1.5 oz. vodka
- ¼ oz. Chambord
- Lemon twist
- ¼ oz. pineapple juice
- Ice

Cocktail Equipment:

[Jigger](#), [Cocktail Glass](#), [Cocktail Shaker](#) & [Strainer](#)

Directions:

1. Fill cocktail shaker with ice.
2. Pour vodka, Chambord and juice.
3. Shake well to blend.
4. Strain into cocktail glass.
5. Garnish with lemon twist.

Recipe makes 1 serving



G&C

Calories: 74 per serving

Compared to 146 calories when regular coke is used

When you're in the mood for something sweet and something stout, look no further than this crazy cocktail that shouldn't work but absolutely does!

Ingredients

- 6 oz. Guinness
- 6 oz. Diet Coca Cola
- 1 Lime wedge

Cocktail Equipment:

Chilled [Pilsner](#)

Directions:

1. Pour Guinness and Coke into chilled Pilsner.
2. Stir.
3. Garnish with lime wedge (optional).

Recipe makes 1 serving.



Gintrini

Calories: 110 per serving

Compared to 230 calories in traditional gin & juice

Ingredients

- 1.5 oz. gin (good quality gin or you'll regret it!)
- ½ lemon, juiced
- 1 lime wedge
- 0.25 oz. simple syrup
- 1 basil leaf
- 1 small strip of lemon twist
- 1/8 tsp. lime zest
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Cocktail Strainer](#), [Jigger](#) and [Glass tumbler](#)

Directions:

1. Pour ice into glass
2. Combine remaining ingredients in cocktail shaker
3. Shake very well
4. Strain into tumbler and stir
5. Top with lime zest
6. Garnish with basil leaf and twist of lemon

Recipe makes 1 serving.



Gin Tronic

Calories: 100 per serving

Compared to 250 calories when served in Collins Glass

Ingredients

- 1.5 oz. gin
- ½ oz. lime juice
- 3 oz. diet tonic
- 2 lime wedges, halved
- 1 strawberry
- 1 oz. Stevia syrup
- 1 tsp. sugar
- Ice

Cocktail Equipment:

[Rocks Glass](#), [Cocktail Shaker](#), [Strainer](#) & [Straw](#) (optional)

Directions:

1. Run lime around edge of rocks glass.
2. Dredge rim through sugar.
3. Add ice to rocks glass.
4. Pour gin, juice, syrup and tonic into cocktail shaker.
5. Shake well.
6. Strain over ice into glass.
7. Garnish with lime wedges & strawberry.

Recipe makes 1 serving.



Girl Scout Cookie

Calories: 126 per serving

Compared to 315 calories when served in a Highball Glass at the bar!

When Spring is in the air and you feel those cookies calling your name, fight your craving during cocktail hour.

This flavorful cocktail is short on calories and long on flavor.

Ingredients

- ½ oz. Irish cream
- ½ oz. Coffee liqueur
- ½ oz. Peppermint schnapps
- Ice

Cocktail Equipment:

[Cocktail Shaker](#) & [Cocktail Glass](#)

Directions:

1. Fill Cocktail Shaker with ice.
2. Pour all ingredients over ice.
3. Shake well.
4. Strain into glass and enjoy!

Recipe makes 1 serving.



Hot Apple Cider

Calories: 130 per serving

Compared to 280 in Apple Pie Punch cocktail

Ingredients

- 2 oz. black tea
- 0.50 oz. everclear
- ½ cinnamon stick
- 2 oz. spiced apple cider

Cocktail Equipment:

[Toddy glass](#)

Directions:

1. Combine tea, cinnamon stick and cider in a small skillet.
2. Bring to a boil and remove from heat.
3. Pour into toddy glass, then add everclear
4. Keep cinnamon as garnish.

Recipe makes 1 serving



House Call

Calories: 134 per serving

Compared to 368 calories when served in Highball glass with regular Dr. Pepper

Ingredients

- 1 oz. vanilla vodka
- 1 oz. peach liqueur
- 3. oz. Diet Dr. Pepper
- Ice

Cocktail Equipment:

[Rocks Glass](#) & [Straw](#)

Directions:

1. Fill rocks glass with ice
2. Pour vodka and peach liqueur over ice
3. Mix in Dr. Pepper to fill
4. Add straw

Recipe makes 1 serving



Icy Hot

Calories: 137 per serving

Compared to 183 calories in a Tall Shot Glass

Ingredients

- 1 oz. rum
- 1/3 oz. cinnamon schnapps
- 1/3 oz. peppermint liqueur
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Shot Glass](#) and [Strainer](#)

Directions:

1. Fill cocktail shaker with ice.
2. Pour ingredients over ice.
3. Shake well.
4. Strain into shot glass.

Recipe makes 1 serving



Italian Stingray

Calories: 115 per serving

Compared to 345 calories in a Collins glass

Ingredients

- 1 oz. Brandy
- Ice cubes
- ½ oz. herbal liqueur
- Lemon twist

Cocktail Equipment:

[Old Fashioned glass](#)

Directions:

1. Fill old fashioned glass with ice.
2. Pour brandy and liqueur over ice.
3. Stir and garnish with lemon twist.

Recipe makes 1 serving.



Lit Lagarto

Calories: 120 per serving

Compared to 250 calories in larger cocktail

Ingredients

- 1.5 oz. brandy
- 0.25 oz. orange curacao
- Lime peel
- 1 dash bitters

Cocktail Equipment:

[Cocktail Glass](#) & [Jigger](#)

Directions:

1. Pour ice into cocktail glass to chill.
2. Discard ice.
3. Combine brandy, bitters and curacao in cocktail glass.
4. Garnish with lime peel

Recipe makes 1 serving.



Lemon Frost Bite

Calories: 167 per serving

Compared to 334 calories per bar size cocktail!

Gin drinkers no longer have to endure insufferably sweet or ear tingling bitter cocktails. This modern cocktail is like a lemon Bloody Mary with gin and in addition to being delicious it has just 167 calories per glass!

Ingredients

- 1 oz. Gin
- 1 oz. Limoncello
- 1 lemon twist
- 1.5 tsp. lemon pepper zest
- Ice

Cocktail Equipment:

[Glass Tumbler](#)

Directions:

1. Fill Glass Tumbler with ice
2. Pour gin, Limoncello and lemon pepper zest over ice and stir.
3. Garnish with lemon twist.

Recipe makes 1 serving.



Magic Potion No. 9

Calories: 138 per serving

Compared to 246 calories when you order at the bar!

Next time you get a longing to relive Spring Break memories, try this passionate potion instead of a shot of tequila. It's sophisticated and brisk enough that you won't feel compelled to gulp.

Ingredients

- 1 oz. 1800 tequila
- 2 tsp. simple syrup
- 1 Maraschino cherry
- Ice

Cocktail Equipment:

[Shot Glass](#) and [Cocktail Shaker](#).

Directions:

1. Place 2 ice cubes in a Shot Glass and set aside.
2. Fill a Cocktail Shaker with ice.
3. Pour tequila and simple syrup and shake well.
4. Pour into Shot Glass.
5. Garnish with Maraschino cherry.

Recipe makes 1 serving.



Margatini

Calories: 109 per serving

Compared to 253 calories with a double shot and pre-made margarita mix

Ingredients

- 1.5 oz. tequila
- 1.5 oz. lime juice
- 2 mint leaves (for garnish)
- 1 tsp. Stevia syrup
- Salt for the rim (optional)
- Ice

Cocktail Equipment:

[Cocktail Glass](#) & [Shaker](#) with [Strainer](#)

Directions:

1. Rub lime wedge around rim of glass, then salt rim (optional).
2. Combine ice, tequila, lime juice and syrup in a Cocktail Shaker.
3. Shake well and strain into chilled Cocktail Glass.
4. Garnish with mint leaves.

Recipe makes 1 serving.



Movie Night

Calories: 137 per serving

Compared to 274 when leftover cocktail is served alongside drink

Ingredients

- 1.5 oz. Hibiscus infused vodka
- 1 tsp. lemon juice
- 1 strawberry, muddled
- 1 ½ tsp. grenadine
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Strainer](#), [Muddler](#) & [Cocktail Glass](#)

Directions:

1. Fill cocktail shaker with ice.
2. Add a few ice cubes to chill cocktail glass.
3. Add in all ingredients.
4. Discard ice from cocktail glass.
5. Shake well and strain.

Recipe makes 1 serving



Reward Yourself

Calories: 127 per serving

Compare to 254 calories in double rocks glass

Ingredients

- 1 oz. silver tequila
- 0.5 oz. cognac
- 0.5 oz. cognac orange liqueur
- 1 lime wedge, juiced
- 1 lime wedge
- Ice
- Salt (optional)

Cocktail Equipment:

[Rocks Glass](#), [Jigger](#), [Cocktail Shaker](#) & [Strainer](#)

Directions:

1. Combine ice, cognac, tequila, lime juice and orange liqueur in shaker.
2. Shake well.
3. Salt rim of rocks glass, if desired.
4. Add ice to rocks glass.
5. Strain over ice and garnish with lime wedge.

Recipe makes 1 serving,



Rummy Beer

Calories: 120 per serving

Compared to 202 calories when regular root beer is used

Ingredients

- 2 oz. Rum
- 6 oz. Diet root beer
- Ice cubes

Cocktail Equipment:

[Rocks glass](#)

Directions:

1. Fill rocks glass with ice cubes.
2. Pour rum over ice.
3. Fill remainder of glass with root beer.
4. Stir.

Recipe makes 1 serving



Sangri-La

Calories: 104 per serving

Compared to 260 calories when served in traditional Hurricane Glass

The Spanish cocktail Sangria is made up of red wine, fruit, spirits, club soda and a sweetening agent. Delicious and packed with fruit, Sangria is a healthier way to enjoy an afternoon barbecue while still eating your fruit!

Ingredients:

- 1.5 oz. Sangria
- ¾ oz. Brandy
- ½ oz. Triple sec
- 1 tbsp. chopped fruit
- Ice

Cocktail Equipment:

[Wine Glass](#) and [Cocktail Shaker](#)

Directions:

1. Place fruit in bottom of wine glass.
2. Fill Cocktail Shaker with ice.
3. Mix Sangria, brandy and triple sec in Cocktail Shaker.
4. Strain into Wine Glass.

Recipe makes 1 serving.



Skinny Bolshoi Basil

Calories: 146 per serving

Compared to 252 calories when served "Russian Style" with an extra shot of vodka!

This cocktail takes an herb that has gained popularity in recent years, basil, and makes it the star of a refreshing cocktail. Named for a famous Opera house and theater in Moscow, you can guess which spirit is highlighted in this low calorie concoction!

Ingredients

- 3 Basil leaves
- 2 tsp. sugar
- 1 splash of tonic water
- 1.5 oz. Vodka
- 1 lime, juiced
- 1 lime wedge
- Ice

Cocktail Equipment:

[Highball Glass](#) & [Muddle](#)

Directions:

1. Muddle basil and sugar in bottom of Highball Glass.
2. Pour ice into glass.
3. Add vodka and lime juice, then stir.
4. Top with tonic water and garnish with a sprig of basil and lime wedge.

Recipe makes 1 serving



Spicy Bloody Beer-y

Calories: 120 per serving

Compared to 209 calories when served as a pint!

In the last two decades beer aficionados have been carving their own niche within the mixology community, combining beer and a key ingredient in classic cocktails for truly unique flavors. This Spicy Bloody Beer-y is a great way for the beer lover with weight loss in mind to enjoy Happy Hour.

Ingredients:

- 8 oz. Light ale (like Newcastle)
- 3.5 oz. Spicy tomato & clam juice
- 1 lime wedge

Cocktail Equipment:

Chilled [Highball Glass](#)

Directions:

1. Pour tomato and clam juice into chilled glass.
2. Top with beer.
3. Garnish with lime wedge.

Recipe makes 1 serving.



Spicy Green Toddy

Calories: 102 per serving

Compared to 292 calories with more brandy and sugar

Ingredients

- 4 oz. Green tea (hot)
- 2 thin slices of ginger
- 2 slices of lime
- 1” strip orange peel
- 1.5 oz. of Brandy

Cocktail Equipment:

[Toddy Glass](#)

Directions:

1. Brew green tea and keep hot.
2. Place ginger in bottom of Toddy Glass.
3. Pour green tea over ginger.
4. Add brandy
5. Place lemon on top.
6. Garnish with orange peel

Recipe makes 1 serving.



Teeny Weenie Appletini

Calories: 160 per serving

Compared to 379 calories when made with syrup rather than juice

You might be surprised to learn that this sweet and sour mixture is relatively low in calories. It's strong enough that you don't need to chug it and delicious enough to make you want to prolong every sip!

Ingredients

- 1 oz. Absolut vodka
- 1 oz. Sour apple Pucker schnapps
- 1 oz. Apple juice
- 3 Apple balls
(melon baller can accomplish this if you're trying to impress!)
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Cocktail Glass](#) and [Melon Baller](#).

Directions:

1. Fill Cocktail Shaker with ice.
2. Pour all ingredients into shaker.
3. Shake well.
4. Strain contents of shaker into Cocktail Glass.
5. Garnish with apple balls

Recipe makes 1 serving.



Tequila Citron

Calories: 129 per serving

Compared to 364 calories when served in a Highball Glass

Ingredients

- 1.5 oz. tequila
- ½ orange juiced
- 1 lemon juiced
- 3 oz. diet tonic water
- 1 orange wedge
- 1 lemon wedge
- Ice

Cocktail Equipment:

[Cocktail Shaker](#), [Old Fashioned Glass](#), [Tongs](#) and [Strainer](#)

Directions:

1. Fill cocktail shaker and old fashioned glass with ice.
2. Combine tequila and juices into shaker.
3. Shake well.
4. Strain over ice into glass.
5. Pour in water.
6. Garnish with citrus wedges.

Recipe makes 1 serving



Touch Of Honey

Calories: 174 per serving

Compared to 348 calories when served at the bar!

This simple cocktail is perfect in winter and summer, slightly sweet and comforting not to mention low in calories. Vodka is the highlight of this low calorie cocktail so pick your brand wisely.

Ingredients

- 1.5 oz. Vodka
- 1 tsp. honey
- Ice cubes
- 1 slice of ginger

Cocktail Equipment:

[Glass Tumbler](#) & [Cocktail Shaker](#).

Directions:

1. Pour ice into tumbler and set aside.
2. Fill Cocktail Shaker with ice.
3. Pour in vodka and honey. Shake well.
4. Strain into Tumbler and garnish with ginger slice.

Recipe makes 1 serving



Tropiquila

Calories: 139 per serving

Compared to 160 calories in Authentica cocktail

Ingredients

- 1.5 oz. silver tequila
- ½ orange, juiced
- 1 oz. pineapple juice
- 1 orange slice

Ice

Cocktail Equipment:

[Old fashioned glass](#), [Cocktail Shaker](#), [Strainer](#) & Toothpick

Directions:

1. Fill glass with ice and set aside.
2. Combine tequila and fruit juices into cocktail shaker.
3. Shake well.
4. Strain over ice.
5. Skewer orange slice with toothpick to garnish.

Recipe makes 1 serving



Vodka Sparkler!

Calories: 123 per serving

Compared to a bar size Cosmopolitan which has 423 per serving

Brighten up special celebrations with this colorful concoction.

The Vodka Sparkler is packed with flavor, booze and hardly enough calories to warrant that nagging feeling you get whenever the bartender looks your way!

Ingredients:

- 1 oz. Vodka
- 2 oz. Champagne
- 2 oz. cranberry juice
- Ice
- 2 raspberries

Cocktail Equipment:

[Champagne Flute](#) and [Cocktail Shaker](#).

Directions:

1. Fill Cocktail Shaker with ice.
2. Pour in vodka and cranberry juice and shake well.
3. Strain into chilled Champagne Flute.
4. Pour champagne on top and garnish with raspberries.

Recipe makes 1 serving.



After Dinner Drinks

After an amazing meal you may want to partake in an after dinner cocktail, but how do you choose?

Well you can simply choose whatever cocktail that strikes your fancy, but traditional after dinner drinks are to serve one of two specific purposes;

- To help relax your stomach after a meal, called digestifs, or
- To serve as a drinkable dessert.

Digestifs

If you've had a big meal that leaves you feeling unsettled or just too full, an after-dinner digestif is the way to go. As the name indicates, digestifs help you with digestion after a meal. This type of after-dinner cocktail generally contains at least one hard liquor. If you've already had plenty of booze you probably will opt for the dessert in a glass, but if you love cognac or brandy then you're probably looking for low calorie digestifs you can enjoy.

Many after-dinner digestif cocktails contain bitters (think: orange or lemon bitters) that are meant to help with digestion. These bitters have, as the name suggests, a bitter or sometimes bittersweet taste. They come in a wide variety of flavors from rhubarb to Mexican molé, so you can get almost any flavor you like.

What's great about adding bitters to flavor a low calorie after-dinner cocktail is that only a drop or dash of bitters are added, so the great majority of the calories will come from the liquor.

Consider that an ounce of Campari bitters has 80 calories; seems like a lot, right? Well it is, until you consider that a 'splash' is about ½ teaspoon which is about 7 calories. That's not bad a bad way to settle your stomach with a little exotic flavor!

Some wines also fall into the category of digestif and these are typically fortified wines, which should not be confused with dessert wines. Dessert wines are terribly sweet and generally served with a dessert - which is trouble for anyone looking to drink while dieting!

If you're looking for a sweet after-dinner treat, consider the dessert in a glass after-dinner cocktail.



After Dinner Drinks

Dessert In A Glass

The other after-dinner cocktail variety is the sweet or creamy type that serves as an alternative to dessert. This is a great opportunity for those of us learning to drink while dieting to make a healthy choice between cake or a cocktail that tastes like cake!

These cocktails can be quite dangerous, however, if you don't know much about them. With ingredients like cream and liqueur, the calories can add up quickly.

Many restaurants will have menus especially for after-dinner drinks so you don't have to guess which drinks go with what part of your meal.

Coffee

Coffee, combined with alcohol or on its own is another way to enjoy a hint of sweet with alcohol after dinner. Drinks like espresso and cappuccino or plain old coffee are often served with cognac, brandy or scotch.

Other times these coffee drinks are served with liqueurs including amaretto, Irish cream or Kahlua. The choice is yours, as long as you adhere to portion sizes you can enjoy an after dinner drink while dieting!



A Black Irishman

Calories: 135 per serving

Compared to 362 calories with double whiskey,
whipped cream & sugar

Ingredients:

- 12 oz. black coffee
- 1 oz. Irish whiskey
- ½ oz. Bailey's caramel Irish cream
- 1 tbsp. fat free whipping cream

Cocktail Equipment:

[Toddy Glass](#)

Directions:

1. Pour brewed coffee into Toddy Glass.
2. Add whiskey and Irish cream.
3. Stir gently

Recipe makes 1 serving.



After Dinner Kiss

Calories: 162 per serving

Compared to an original Irish French Kiss which has 264 per serving

Ingredients

- 1 oz. Bailey's Irish Cream
- 1 orange wedge
- ¾ oz. orange liqueur
- Ice

Cocktail Equipment:

[Shot Glass](#) and [Cocktail Shaker](#) with [Strainer](#).

Directions:

1. Fill Cocktail Shaker half way with ice.
2. Pour Bailey's and liqueur over ice.
3. Shake well.
4. Strain into Shot Glass.
5. Squeeze wedge into glass and discard wedge.

Recipe makes 1 serving.



Black Swan

Calories: 175 per serving

Compared to 410 calories when served in traditional Highball Glass

Ingredients

- 2 oz. Brandy
- ½ oz. dry vermouth
- ½ tsp. orange liqueur
- 1 dash Angostura bitters
- Orange twist (garnish)
- Ice

Cocktail Equipment:

[Cocktail Shaker](#) & [Cocktail Glass](#)

Directions:

1. Pour ice into Cocktail Shaker & Cocktail Glass
2. Pour ingredients over ice and stir thoroughly.
3. Empty ice from Cocktail Glass.
4. Strain into chilled glass.
5. Garnish with orange twist.

Recipe makes 1 serving.



French Hopper

Calories: 175 per serving

Compared to 477 when served in a Hurricane Glass

Ingredients

- 2 oz. French vanilla ice cream
- ¼ oz. white crème de cacao
- ¼ oz. green crème de menthe
- 2 mint leaves

Cocktail Equipment:

[Blender](#) & [White Wine Glass](#)

Directions:

1. Combine ice cream and crèmes into blender.
2. Blend on low for 20 seconds, or until smooth.
3. Pour into Wine Glass and garnish with mint leaves or fat free whipped cream.

Recipe makes 1 serving.



Midnight Mafioso

Calories: 158 per serving

Compared to 324 calories when made bar size

Ingredients

- ½ oz. Amaretto liqueur
- 1.5 oz. Whiskey
- Ice

Cocktail Equipment:

[Rocks Glass](#), [Cocktail Shaker](#) with [Strainer](#)

Directions:

1. Pour ice into Glass.
2. Combine Amaretto and whiskey in Cocktail Shaker.
3. Shake well.
4. Strain over ice into glass.

Recipe makes 1 serving.



Russian Zombie

Calories: 146 per serving

Compared to 323 calories with Everclear and full fat milk

Ingredients

- 1 oz. 100 proof Vodka
- 1 oz. Skim milk
- 1 oz. Kahlua
- Ice

Cocktail Equipment:

[Old Fashioned Glass](#) & [Straw](#)

Directions:

1. Pour ice into Glass.
2. Pour vodka, Kahlua, then milk over ice.
3. Stir with straw until blended.

Recipe makes 1 serving.



Skinny Alexander

Calories: 206 per serving

Compared to 411 calories when served in Brandy Snifter

Ingredients

- 1 oz. brandy
- 1 oz. crème de cacao
- 1 oz. half & half
- ¼ tsp. grated nutmeg
- Ice cubes

Cocktail Equipment:

[Cocktail Shaker](#), [Cocktail Glass](#) and [Strainer](#)

Directions:

1. Fill Cocktail Shaker with ice.
2. Pour brandy, crème de cacao and half & half over ice.
3. Shake well.
4. Strain into Cocktail Glass.
5. Garnish with grated nutmeg.

Recipe makes 1 serving.



Tea & Honey

Calories: 108 per serving

Compared to 236 when 2 tbsp. of honey is used

Ingredients

- 1.5 oz. Jack Daniels Tennessee Honey
- 8 oz. black or green tea
- 1 thin slice of ginger
- 1 lemon wheel

Cocktail Equipment:

[Toddy glass](#) & [Jigger](#)

Directions:

1. Brew 8 oz. hot tea.
2. Steep with ginger slice for 3 minutes.
3. Remove ginger slice and pour tea into toddy glass.
4. Add in 1 jigger of whiskey.
5. Garnish with lemon wheel.

Recipe makes 1 serving



Wine

Many of us dieters who love cocktails have turned to wine rather than calculating math for traditional cocktails. Wine has many health benefits and, when consumed in moderation, has very little calories. And just like cocktails, wine comes in a wide variety of reds and whites so you can find a flavor profile you enjoy.

A nice glass of wine is also a great way to sidestep the “I’m on a diet” excuse, because you can simply showcase your wine knowledge and impress your dining friends.

But when you drink too much wine, just like with cocktails, you will still run into the problem of too many calories. But before we get into the calorie count of your favorite wines, let’s talk about some of the many health benefits associated with drinking wine.

Health Benefits of Wine

Moderate wine drinking can provide plenty of health benefits, just don’t start “slammin’ grape” to improve your overall health and weight loss! This section is just to remind you that when you drink a glass or two of wine, you’re doing more than drinking calories.

Now, let’s get to the good stuff!

When it comes to reaping the benefits of wine—red or white—the key is moderation. Moderate wine consumption means no more than 10 ounces (read: two 5-ounce glasses) of wine per day. This is the most effective way to enjoy drinking while dieting and getting excellent health benefits.

Research suggests that when healthy individuals drink a glass of wine occasionally, it reduces the risk of stroke, heart attack and coronary disease. A recent study at the University Hospital of Zurich indicates that when consumed with a meal, wine reduces the spread of smooth muscle cells in the arteries. The growth of these cells is what leads to both strokes and heart attacks.



Wine

Another great health benefit that comes with moderate wine consumption is a reduced mortality rate. In fact, those who consume less than three glasses of wine per day have a reduced risk for many different causes of death, less than heavy drinkers of course but also less than non-drinkers!

Many of these benefits can also be derived from moderate amounts of spirits (1.5 ounces or less each day) and beer (12 ounces daily), although neither has quite as many health benefits as wine.

Keep in mind that these health benefits require moderation as well as a healthy and well-balanced diet. Various studies have concluded that a healthy diet is a key factor in deriving these above-mentioned health benefits of wine.

Calories in Wine

The best thing that you can do to enjoy cocktail hour while on a diet is to have the information you need to make smart decisions. This doesn't mean that you need to remember the calorie count of every single low calorie cocktail in this boo—although that would be totally cool if you did—it just means that you should do your best to remember the approximate calorie count of your favorite wine.



Wine

So let's see how many calories in one five-ounce glass of vino!

Type of Wine	Red or White	Calories per 5 oz glass
Beaujolais	Red	115
Burgundy	Red	127
Bordeaux or Claret	Red	122
Cabernet Sauvignon	Red	122
Chardonnay	White	120
Chenin Blanc	White	118
Chablis	White	120
Chianti	Red	125
Gewurztraminer	White	119
Merlot	Red	122
Muscat or Moscato	White	127
Pinot Grigio	White	122
Pinot Noir	Red	121
Port	Red	232
Riesling	White	118
Rose	Red	101
Sake	Rice	194
Sangria	Red	89
Sauvignon Blanc	White	122
Sherry	Red	165(3.6oz)
Shiraz or Syrah	Red	116
Zinfadel	Red	129
Zinfadel	White	108

It's important to note that these calorie counts are for a 5-ounce serving, and standard wine glasses hold 8 ounces, but they can be as large as 22 ounces. This is an important distinction to make when drinking wine while dieting, because just half of a 22-ounce glass can double these calorie counts quickly!

A standard wine pour is 5 ounces regardless of how large your glass is, but as the night progresses your bartender will be more concerned with expediency than accuracy.



Wine

So here's an easy trick to help you determine if your bartender has been a little too giving with your wine calories: measure out 5 ounces of wine into a standard wine glass. Look at the glass and get a feel for 5 ounces, seeing where in the glass the wine rests. This will help you consistently measure a single serving regardless of how enormous your modern wine glasses might be.

Over the next week or few days, depending on how long it takes you to polish off a bottle of wine, practice pouring and identifying 5 ounces in your glass. Double check by measuring what you've poured - just to keep you honest - until you get close enough to feel comfortable to see the difference without seeming too fussy.

Red vs. White – Is One Better For Fat Loss?

If you've turned to wine as an easier way to drink while dieting, you're probably curious if red or white wine is better for your diet. Most wine drinkers prefer one over the other, but that really has more to do with taste than health or dietary benefits.

White wines, like Chardonnay and Riesling, are made from peeled and seeded white grapes prior to fermentation. This is what gives white wines the crisp, sweet and fruity flavors that white wine drinkers love.

Red wine, on the other hand, is made from red and black grapes and is fermented with the skin on. This is why the two types of wine have vastly different tastes.

Although most of the glory of health benefit goes to red wine, because of the powerful antioxidant called resveratrol, red wine simply has more resveratrol than white wine. This doesn't mean that white wine is without the same health benefits, it just means that red wine has the edge.

It means that you shouldn't avoid red wine over white for fear of not reaping enough health benefits while you drink. Just choose a lower calorie wine that your palate finds pleasing and sip in moderation!



Wine Tasting

If you've never been fond of wine, or if you simply don't consider yourself a sufficient wine connoisseur, consider a wine tasting as a low calorie way to save your diet during social events. A wine tasting is the perfect time to taste tons of different wines without suffering from all the calories - because you spit them all out!

Because tastings are just that, tastings, you are not expected to swallow or even finish each glass. All you have to do is look, smell, taste, and then purge to determine the wine's aftertaste. You don't have to be an expert either; just someone with a desire to know about the beauty of wine.

One thing you'll (hopefully) learn at a wine tasting is how to sip wine. No, not in the "this is how you sip wine" kind of way, but rather you'll learn to appreciate the lingering flavor of many wines, which can have the added benefit of decreasing the number of glasses you have during an evening out with friends.

The best, or maybe second-best thing, is that attending a wine tasting gives you yet another cover with your pals. Instead of busting out the "I'm dieting" line, you can simply show off your newly acquired wine knowledge by telling them, this [slow sipping] is the proper way to enjoy wine!

Sometimes it's better to be a wine know-it-all (I prefer the term wine connoisseur) than a body-obsessed party pooper!



Champagne & Sparkling Wine

You absolutely can not talk about low calorie wines without mentioning champagne. Contrary to what many of us social drinkers believe, champagne is a sparkling wine, but not all sparkling wine is champagne. (You'll probably want a cocktail simply trying to figure out this riddle!)

Because of a myriad of legal and economic issues, only sparkling wines produced in the Champagne region of France may be officially referred to as 'champagne.' But here, in both North America and this book, we will use the terms interchangeably to avoid further calorie confusion.

Sugar in Champagne & Sparkling Wine

Spend any time in the champagne aisle of your favorite liquor depot, and you've probably seen words like brut and extra brut without a clue as to what they really mean. As it turns out, knowing what this means can go a long way in helping you choose the proper low calorie champagne or sparkling wine.

When you see any variation of 'brut' listed on the bottle (or menu), you know that it tells you how much sugar has been added, which tells you how sweet the sparkling wine is.

The designation is as follows per liter (34 ounces):

- **Brut Natural** – less than 3 grams of sugar – also called dry.
- **Extra Brut** – 6 grams or less of sugar – or medium.
- **Brut** – less than 12 grams of sugar – sometimes labeled as sweet.
- **Sec** – between 17 and 35 grams of sugar.
- **Demi Sec** – 33-50 grams of sugar.
- **Doux** – more than 50 grams per liter – very sweet.

Now that you know what all these fancy champagne words mean, you can make smarter decisions when you drink while dieting.



Champagne & Sparkling Wine

Health Benefits

Because champagne and sparkling wine mostly utilize the same grapes (Pinot Noir, Chardonnay and Pinot Meunier), they share many of the health benefits common to wine in general. Particularly, the polyphenol antioxidants found in champagne are responsible for lowering blood pressure and reducing the risk of heart attacks and strokes.

These same health benefits have been attributed to sparkling wines such as Cava, Espumante and Prosecco, despite the fact that some of these champagne alternatives use many varieties of grapes.

You're probably wondering, why would I ever drink red or white wine when I can have the best of both worlds in a [Champagne flute](#)?

And speaking of champagne flutes, let's talk a little business first. One serving of champagne or sparkling wine should be approximately 4 ounces. This will allow just enough room for another ounce or two of fizz, which is the perfect way to say "bottoms up" at any special occasion!

But before you pop that cork like it's New Year's, let's take a look at the calorie count in champagne and sparkling wine and find out!

Type	Calories per 4 Fluid Ounces
Champagne (brut natural)	78
Champagne (brut)	80
Champagne (doux)	96
Cava (dry)	95
Cava (medium)	100
Cava (sweet)	120
Asti Spumanti	80
Prosecco	80
Sparkling Red	89
Sparkling White	85



Champagne & Sparkling Wine

While you can create low calorie cocktails with champagne or sparkling wine, many successful dieters prefer to take advantage of these low calorie sparklers without the help of mixers or more booze.

To help you fight temptation, try a sweeter champagne or sparkling wine. It does come with slightly more calories, but if you prefer a sweeter cocktail a sec or demi-sec may please your palate.

One last word on champagne and sparkling wines: they give you one hell of a reason to celebrate your weight loss success. The bubbles always make you feel like it's a special occasion, so instead of telling the world that you love champagne because its low in calories, tell them you're celebrating your 5-, 10- or 15-pound benchmark!

Whatever weight loss progress you've made, celebrate it because you earned it. And you won't have to make your gluttonous friends feel like, well *like your gluttonous friends!*



Breakfast Club 2.0

Calories: 102 per serving

Compared to 170 calories in standard mimosa

Ingredients

- 4 oz. champagne
- 1 oz. orange juice (fresh if possible)
- ½ tsp. fresh ground pepper
- ½ lemon, juiced
- 2 oz. diet tonic water
- 1 strawberry, halved
- 1 lemon slice, halved
- 3 Ice cubes

Cocktail Equipment:

[Old fashioned Glass](#) & [Cocktail Tongs](#)

Directions:

1. Put ice cubes in glass
2. Pour in orange and lemon juice
3. Add champagne, then soda and stir
4. Sprinkle in black pepper
5. Garnish with strawberry and lemon

Recipe makes 1 serving.



Friday Night Wine

Calories: 92 per serving

Compared to 184 calories for 8 ounce glass of Beaujolais

Ingredients

- 4 oz. red wine (Beaujolais)
- 1.5 oz. diet ginger ale
- 1.3 oz. diet lemon-lime soda (like Sprite)
- ½ lime slice
- Ice

Cocktail Equipment:

[Highball Glass](#) and [Straw](#) (optional)

Directions:

1. Fill highball glass nearly full with ice
2. Pour in ginger ale and soda
3. Pour wine over sodas
4. Stir with straw
5. Garnish with ½ lime slice

Recipe makes 1 serving



Lunchtime Blackout

Calories: 84 per serving

Compared to 203 calories in one 8-ounce glass of Cabernet

Ingredients

- 3 oz. Cabernet (or your favorite red wine, of course!)
- 1 oz. diet tonic water
- 3 ice cubes
- 2 blackberries
- 1/8 tsp. simple syrup ([choose your flavor here](#))

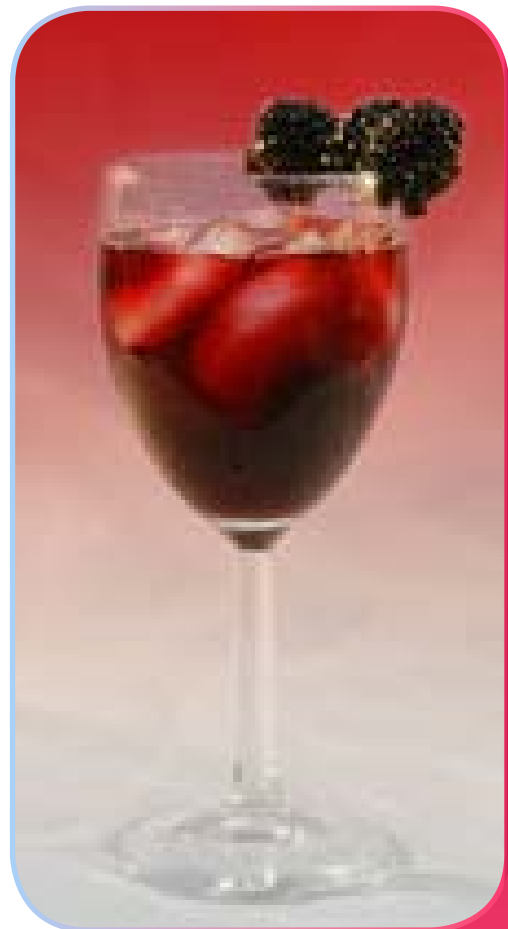
Cocktail Equipment:

[Cocktail Tongs](#) & [Red wine glass](#)

Directions:

1. Stir Cabernet and simple syrup well.
2. Place ice in wine glass.
3. Pour tonic water, 1 oz. or until full (you decide)
4. Garnish with blackberries
5. Swirl and drink!

Recipe makes 1 serving



Sparkling Sangria

Calories: 95 per glass so eat your fruit!

Compared to 182 in a double rocks glass

Ingredients

- 2 oz. Sauvignon Blanc
- 2 oz. sparkling white wine
- 3 raspberries, chilled
- 1 kiwi slice, halved
- ¼ peach, halved
- 1 sprig of mint
- ¼ tsp. Stevia syrup

Cocktail Equipment:

[Rocks glass](#) & [Jigger](#)

Directions:

1. Combine wines together in large punch bowl.
2. Add in fruit, mint and syrup.
3. Refrigerate for 1 hour, minimum.
4. Serve & enjoy!

Recipe makes 1 serving



Wineade

Calories: 120 per serving

Compared to 202 calories when regular root beer is used

Ingredients

- 4 oz. red wine (Claret) 100
- 1 oz. Stevia syrup
- ¾ oz. lemon juice 6
- Ice

Cocktail Equipment:

[Red wine glass](#), [Cocktail shaker](#) & [Strainer](#)

Directions:

1. Fill cocktail shaker with ice.
2. Combine all ingredients in shaker.
3. Shake well.
4. Strain into red wine glass.
5. Garnish with lemon slice.

Recipe makes 1 serving.



Beer

Just when you thought that drinking while dieting meant that you had to give up your favorite brew, along comes research telling you that in moderation, beer can improve your health!

Many dieters steer clear of beer because they believe the fizz from beer causes weight gain. While not entirely true, the carbonation in beer does produce a temporary bulge that doesn't flatter you in your best bar clothes.

The truth is that much has been written about beer and inevitable weight gain, and very little of it is true - unless of course you routinely empty a six-pack while sitting down for dinner every night.

The key with beer, just as with wine and spirits, is moderation. You've hopefully already had a taste of what socializing is like without a cocktail or two, so your incentive to avoid overindulging should continue when it comes to beer.

Health Benefits of Beer

Although wine in general, and specifically red wine, usually gets the spotlight when it comes to health benefits, beer is an antioxidant rock star in its own right.

According to the American Journal of the Medical Sciences, beer has just as many antioxidants as wine. The difference is simply that beer is made from barley and hops, which have different flavonoids than grapes. But beer has more protein and B vitamins than wine; in fact, beer drinkers have twice the amount of vitamin B6 than—you guessed it - those smug red wine drinkers!

Moderate beer consumption has been linked in many studies to a reduced risk of heart disease because alcohol increases good cholesterol while also decreasing instances of blood thickening and artery hardening - the two main causes of heart attacks.

Since many medical professionals are reluctant to admit that alcohol has health benefits, much of the research into the health benefits of beer is fairly new. For some reason, doctors think we'll run out and start chugging beer, wine or spirits to prevent cancer or heart disease. Well maybe we would, if it didn't interfere with our weight loss efforts!



Beer

Hypertension - better known as high blood pressure - is something many overweight (and some not-so-overweight) people are at risk of, but moderate beer consumption has been linked to a reduced risk of high blood pressure.

Meanwhile, dark beer drinkers are helping strengthen their bones, thanks to the calcium absorption attributed to the mineral silicon, which reduces the risk of osteoporosis. Silicon allows calcium and other minerals to be deposited in the bones for higher bone density. And you remember how important strong bones are as we get older - which we're all doing!

Moderate Beer Consumption

According to the American Heart Association, moderate beer drinking for men is no more than two 12-ounce bottles of beer and one bottle for women. So if you want to drink while dieting and enjoy these health benefits from beer, keep those brewskies to a minimum!



Beer Options

When it comes to choosing a brew that's best for you, options are as plentiful as wine and spirits - if not more plentiful!

When you hear words like “ale”, “stout” or “lager,” they simply refer to the process by which the beer has been fermented. None of this will mean much to you unless you're a budding-brewer, but taste and calorie count will help you choose a beer that allows you to enjoy drinking while dieting.

The term “malt” simply means the beer contains barley. There are some malt beverages that are non-alcoholic, but when you see the phrase “malt liquor” that refers to a high alcohol content - which we all know means more calories

Ale

There are a wide variety of ales, from pale ale to Irish red ale and strong ale. Ales are recognizable by their lighter color, a result of the pale malt used in the brewing process. Ale, whether pale or strong, is identifiable by its sweet and fruity flavor.

This is a good style of beer for non-beer drinkers looking to try new things.

Stout/Porter

Beer drinkers looking for a bigger kick with each sip tend to flock towards stout or porter beers, which are darker in appearance and stronger in flavor. On most beer labels the terms “stout” and “porter” are used interchangeably because the tastes are so similar.

Stout is a much stronger beer than ale, often with a rich roasted-coffee flavor. Think Guinness when you're unsure if a stout or porter beer is right for you.

Stout and porter beers come in a wide variety including Irish, imperial or milk stout as well as Baltic porter, which has a greater alcohol content than traditional porters.



Beer Options

Lager

Lager beer is made from malted barley, which gives lager its mild taste and wide appeal. Lager is available in two styles: pale and dark lager, with pale lager being one of the most widely consumed beers in the world.

Dark lagers are recognizable by their darker color, ranging from a medium amber to a deep reddish brown color, while pale lagers range from pale yellow to a deep golden color.

Now that you can tell the difference (well, sort of) between the many types of beer on the market, let's talk about the important stuff: calories.

Beer Portions

Beer can be one of the most difficult alcoholic drinks to control portion size. Unlike martinis or [Snifter](#) that come in relatively small portion sizes, beer is often served in a 12-ounce bottle or many types of beer glasses that range from 14-ounces up to a full liter!

The one thing you should not order, no matter how much your pals attempt to convince you what a good deal it is, is a pitcher of beer. Pitchers don't allow you to hold yourself accountable in terms of serving size and the number of servings you take in.

One pitcher of beer easily becomes 2 then 3 and 4 and before long you've lost count because your glass is never empty. This is exactly how one night out can set back your weight loss efforts a week, maybe more.

This is why it is especially important to know a thing or two about beer because the traditional serving size could be screwing up your calorie count. This is why it's important to know which styles of beer are served in which glass, and if nothing else to know how much beer each of the beer glasses we discussed earlier, can hold.



Beer Options

This information can be the difference between drinking while dieting successfully, and beating yourself up after a long night of too many pints!

Brand	Style	Serving Size	Calories
Budweiser	Lager	12 fl oz	145
Becks	Pilsner	12 fl oz	138
Colt 45	Malt Liquor	12.2 fl oz	159
Busch	Lager	15 fl oz	180
Guinness Draught	Stout	15 fl oz	157
Guinness Extra Stout	Stout	15 fl oz	220
Heineken	Lager	12 fl oz	150
Icehouse	Lager	12 fl oz	149
Fat Tire	Amber Ale	12 fl oz	162
Blue Moon	Ale	12 fl oz	164
Samuel Adams Black	Lager	12 fl oz	144
Stella Artois	Lager	12 fl oz	154
Dos Equis'	Ale	12 fl oz	146
Newcastle Brown Ale	Ale	12.2 fl oz	140
Red Stripe	Ale	12.2 fl oz	153
Negra Modelo	Lager	12.2 fl oz	155
Arrogant Bastard	Ale	1 Pint	348
Peroni Nastro Azzurro	Pale Ale	12 fl oz	150
Killian's Irish Red	Ale	12 fl oz	163
Rolling Rock	Pale Lager	12 fl oz	132
Leininkugel's	Wheat Ale	12 fl oz	165
Sierra Nevada Bigfoot	Lager	12 fl oz	330
Sierra Nevada	Porter	12 fl oz	194
Fosters	Lager	12 fl oz	145
St Pauli Girl	Pale Lager	12.2 fl oz	135
St Ides	Malt Liquor	12.2 fl oz	226
Mickeys	Malt Liquor	12.2 fl oz	157
Pabst Blue Ribbon	Lager	12 fl oz	113
Pilsner Urquell	Ale	12.2 fl oz	156
Corona	Lager	12 fl oz	148
Schlitz	Malt liquor	12 fl oz	176
Sam Adams	Stout	12 fl oz	195
Michelob Amber Bock	Ale	12 fl oz	155



Calories In Light Beer

Now that you have an idea how many calories are contained in a regular 12-ounce beer, it's time to explore light beer options.

I know; light beer tastes yucky, it's watered down, it doesn't give you enough of a buzz and it makes you have to pee all night. All of those things may very well be true - of a few types of light beers. But what is also true is that light beer has a lower alcohol content and therefore a lower calorie count.

If you're a light beer snob - you know who you are - and you need to learn how to enjoy socializing with alcohol while dieting, explore the many light beer options now available. As body conscious as much of the developed world has become, the options are endless.

The worldwide popularity of beer is good news for dieters because you find light versions ale, stout, lager and even malt beers!

On a side-note, if you've been unable to find quality low calorie beers options, consider a liquor depot or any other large-scale retail alcohol establishment. These depots have a larger selection of domestic, regional and imported regular as well as light beers.



Calories In Light Beer

Brand	Style	Serving Size	Calories
Bud Light	Lager	12 fl oz	110
Coors Light	Lager	12 fl oz	102
Miller Light	Lager	12 fl oz	96
Amstel Light	Pale Ale	12 fl oz	95
Beck's Premier Light	Ale	12 fl oz	64
Budweiser Select 55	Lager	12 fl oz	55
Carona Light	Lager	12 fl oz	109
Heineken Premium Light	Lager	12 fl oz	99
Michelob Ultra	Lager	12 fl oz	95
MGD 64	Lager	12 fl oz	64
Samuel Adams	Lager	12 fl oz	119
Pabst Extra Light	Lager	12 fl oz	70
Schlitz Light	Lager	12.2 fl oz	113
Keystone Light	Lager	12 fl oz	104
Molson Canadian Light	Lager	11.5 fl oz	113
Milwaukee's Best Light	Lager	12 fl oz	98
Icehouse Light	Lager	12 fl oz	123
Blatz LA Beer	Lager	12.2 fl oz	73
Old Style Light	Lager	12 fl oz	113
Natural Light	Lager	12 fl oz	95
Yuengling Light	Lager	12 fl oz	90
Kirin Light	Lager	12 fl oz	95

As you can see, choosing a beer because of its calorie count does not mean you have to sacrifice taste. If you can't find a low calorie beer that you like, it's safe to say that you are not a fan of beer.

The good news is that just as there are wine tastings to give you a chance to test many styles of wine without sacrificing hundreds of calories, there are also beer tastings. Whether you're a budding beer aficionado or you're simply looking for a low calorie beer to satisfy your taste buds, beer tastings offer plenty of options.

Plus, beer tastings are an ideal place to go with your pals after your thirty day alcohol experiment ends. You can show off some of what you learned, while also enjoying the "taste & spit" method of drinking beer!

When it comes to beer, you have plenty of low calorie options and with more and more establishments posting the calorie count of food and drinks, you can use this to enjoy drinking while enjoying successful weight loss.



Going Forward

Losing weight isn't just about the foods and cocktails that you need to avoid. More importantly, losing weight successfully is about finding a way to live your life without feeling inhibited. When you receive an invite to after-work cocktails, Friday night fun or a simple celebration, don't let a lack of choice force you to decline the invite.

In fact, next time you're out, simply **ask** the bartender to create the low calorie cocktail of your choice. I know it seems crazy, but the job of a bartender is to make cocktails at the request of bar patrons - you. Don't be afraid to tell the bartender what ingredients make up your ideal cocktail. This little trick will even impress your friends; they'll think you're a cocktail connoisseur while you're knocking back a low-cal drink. It's a win-win situation!

And remember, a good tip goes a long way to getting exactly what you want!

At the end of the day, it is up to you to find a way to consume fewer calories without sacrificing the things you love. Weight loss does mean that you will have to make some lifestyle changes, but it doesn't mean that you have to ignore the things you love just to lose weight.

I created this low calorie cocktail book so that dieters like you would have one big resource to consult before a night out. Special occasions are meant to be fun, celebratory events filled with laughter and joy. Your calorie limitations should never get in the way of having a good time - unless of course you can't live without one of our cocktails to avoid!

And in that case, throw a party in honor of your weight loss and create a low-calorie version!



Going Forward

The important thing to remember about low calorie cocktails and weight loss is that booze only becomes dangerous to your weight loss efforts if you drink excess calories that you don't burn. Consume more calories than you need, and you will gain weight.

So if you already know that you're going to skip your Friday night workout so you have more time to get ready for cocktail hour, then keep your eye on our [quick and easy cocktail recipes](#).

Low Cal Bartender - YOU

Throughout this book you have learned the most important weight loss lesson: how to incorporate the things you love into your life while you lose weight.

Whether you love blended drinks like smoothies or retro cocktails like the New Amsterdam, you now have low calorie alternatives right at your fingertips. With low calorie cocktails easily at the ready, you can enjoy a birthday celebration or promotion without fretting over the calorie count.

The best thing of all is that you can ask the bartender at your local hangout to make any of these low calorie cocktails for you - as long as you remember the ingredients!

With these recipes you'll never have to worry about finding a low calorie drink, because you have plenty right here.

No matter your favorite alcohol - wine, beer or spirits - I have given you unique ways (with low calorie counts) to make happy hour even happier. You can even learn how to stand up to peer pressure without making a fun night any kind of uncomfortable.

Of course you probably won't remember every single recipe and trick in here - though I'd be super flattered if you did - but you now have the information that will increase your chances of weight loss success. You'll no longer succumb to peer pressure because you are the go-to guy/gal for cool and unusual cocktails that only you know also happen to be low in calories!

Don't worry, it can be our little secret.



Going Forward

So you see it's not just calories that make low calorie cocktails a necessity - it's your overall health and wellbeing while trying to lose weight and maintaining your social life. And if drinking in moderation is going to improve your health, that's just another benefit, secondary to weight loss!

No matter what diet you're on - Atkins, Dukan, South Beach, you name it - this low calorie cocktail book can fit right in! After all, drinking fewer calories is better than drinking no calories at all, right?

Now the only question is which low calorie cocktail recipe to try first!



Meet The Author

My name is Michael Cecchin, and years before diving into the world of Cocktail calories, mixes, garnishes and alcohol/weight loss science, I had my own battle with my weight.

One of my biggest hurdles was navigating social gatherings and escaping without dumping another 2,000 unwanted calories into my diet each time I went out for drinks with friends.

It always started with a few “harmless” beers, or cranberry juice (loads of sugar and calories) and vodkas and ended with me eating a few slices of pizza, or a BigMac at the end of the night... which would obviously set back my weight loss goals week after week until I got sick of being so angry at myself for ‘letting it happen again’.

It was the same equation over and over.

HIGH CALORIE DRINKS + BAR/FAST FOOD = FAT

This is when I decided that I wanted to know the truth about alcohol and how it directly related to weight loss/gain, and also to create an original list of all the lowest calorie (skinny) cocktails I could find.

What I thought would be a couple few hours with my pal Google turned into several months of trips to the library, emails and phone calls to local labs and universities, and that was even before I had created one drink. Geez!

But then came my Cocktail movie moment, where I enrolled in bartending courses, studied mixology theories, cocktail recipes, types of glasses, garnishes, mixes, serving sizes, and the calorie content in all of the above. It wasn't good enough simply having the calorie count lower, I wanted my drinks (and now yours) tasting great as well.

I even found local drinks from places like Veneto, Italy, which have been the toast of the region for years but never made it across the Atlantic.

Check out the [Aperol Spritz](#), my all-time favourite drink.

Soon enough though, my friends were calling me “The Diet Bartender” whenever we went out, or stayed in, and my new recipes



Meet The Author

became a fun game. Not to mention, when I started losing weight at the same time, my Facebook inbox seemed to always be filled with questions about how to make Skinny drinks for parties. It was a little ridiculous to be honest... but I loved it.

So when more and more people kept asking me to come up with a list of all of these secret recipes, I knew I had something fun and helpful that I wanted to share with everyone...

Including YOU!

This book will continually be updated and improved, and as long as you are a part of my Privileged Customer List, you will receive every update (including NEW RECIPES!) for free.

MY OTHER WEBSITE:

My weight loss experience, had such an enormous impact on my quality of life that I created the TheFatLossAuthority.com (TFLA) in the winter of 2008 to help people looking to get back in control of their body and their lives.

Starting anything online isn't easy, but with a lot of hard work, interviewing experts (MDs, PHDs, Scientists, etc.) and sorting through all the garbage diets and fake science, TFLA was always taking baby steps closer to where I wanted it to be. Now we are (as of August 2011) home to over 400,000 people per month searching for relevant information on losing weight, eating strategies, and calorie control.

UPDATE: By the end of 2011, TheFatLossAuthority.com will launch its biggest, most ambitious, site redesign since it first opened. With whole new sections like recipes (with low-cal substitution options), exercises, workouts, diet reviews, free diet tools, and even an up-to-date newsletter to keep everyone informed on the most relevant scientific studies that are released as it pertains to your health and your waistline. I am soooooo excited, and I hope you will visit us at least once a month to see what we're up to. I promise I will keep improving it for you and everyone else until it's one of the best resources online.



Meet The Author

I can only hope that my How To Drink While Dieting book, at least partially proves to you that you do not need to be miserable to be thin. But instead you have to realize that to lose weight and stay thin for the rest of your life, you must in fact, live a bit differently than the majority of North Americans.

Being thin and happy doesn't mean never eating another potato chip, brownie, or drinking a beautiful glass of red wine, it just means, knowing when enough is enough. And sometimes, we have to say 'no thanks' to that brownie and consider it a down payment on a future new waistline.

I used to pretend that every piece of high calorie food that I didn't eat was a partial layaway payment to the smaller, leaner, sexier, body that I would be picking up from my mirror in a few months. I know it sounds a little silly, but I still use those thoughts today when I am deciding between 1 scoop of ice cream, or one bucket of ice cream. ;)

Please have fun with this book, recommend it to your friends if you like it, and please please please... Drink Responsibly.

I wish you a future of health, laughter, fun, and love.

Thanks again for buying my book.

Cheers!

Michael Cecchin



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