

BEST KETO ALCOHOL GUIDE

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VODKA 1.5 OZ (45ML)	NET CARBS
Burnett's	0
Smirnoff	0
Absolut	0
Svedka	0
Grey Goose	0
Stolichnaya	0
Ciroc	0
Skyy	0
WHISKEY 1.5 OZ (45ML)	NET CARBS
Crown Royal	0
Jack Daniels	0
Jim Bean	0
Seagram's	0
Dewar's	0
Wild Turkey	0
Chivas Regal	0
Johnnie Walker	0
TEQUILA 1.5 OZ (45ML)	NET CARBS
Don Julio	0
Tres Agaves	0
El Jimador	0
Patron	0
1800 Tequila	0
Milagro	0
Cazadores	0
Sauza	0
RUM 1.5 OZ (45ML)	NET CARBS
Malibu Island	0
Captain Morgan	0.4
Bacardi Superior	0
Myer's Original	0
Castilla	0
Sailor Jerry	0
The Kraken	1.5
GIN 1.5 OZ (45ML)	NET CARBS
Gordon's	0
Seagram's	0
Bombay	0
Beefeater	0
Tanqueray	0
BRANDY 1.5 OZ (45ML)	NET CARBS
Honey Bee	0
Courvoisier	0
McDowell's	0.1
Martell	0.4
Hennessy	1
Remy Martin	3

RED WINE 5 OZ (150ML)	NET CARBS
Amarone	2.4
Pinot Noir	3.4
Rioja	3.4
Merlot	3.7
Malbec	3.8
Cabernet Sauvignon	3.8
Shiraz	3.8
Syrah	3.8
Sangiovese	3.9
Barbera	4.1
Zinfandel	4.2
WHITE WINE 5 OZ (150ML)	NET CARBS
Prosecco	1.5
Sparkling White Wine	1.5
Sauvignon Blanc	2.0
Brut Cava	2.5
Brut Champagne	2.8
Pinot Blanc	2.85
Pinot Grigio	3.0
Chardonnay	3.1
Albarino	3.5
Brut Riesling	5.5
Muscato	7.9
ROSÉ WINE 5 OZ (150ML)	NET CARBS
Weissherbst	3.5
Rosato	4.0
Provence Rosé	4.0
Loire	4.4
White Zinfandel	7.1

BEER 12 OZ (350ML)	NET CARBS
Greens Trailblazer	0.5
Budweiser Select 55	1.9
DAB Low Carb	2.0
Martens Low Carb	2.1
Miller 64	2.4
Rolling Rock Green Light	2.4
Accel	2.4
Rinebecker Extra	2.5
Michelob Ultra	2.6
IC Light	2.8
Honey Almond Light	2.8
Carolina Light	3.0
Skinny Brands Lager	3.0
Budweiser Select	3.1
Beck's Premier Light	3.2
Miller Lite	3.2
Busch Lite	3.2
Natural Lite	3.2
Bitburger Lite	3.5
Michelob Ultra Amber	3.7
Miller Chill	4.0
Coors Light	5.0
Amstel Light	5.0
Keystone Light	5.0
Budweiser Light	6.6
Heineken Light	6.8
Yuengling Light	8.5
CIDER SELZTER 12 OZ (350ML)	NET CARBS
Truly Spiked	2.0
White Claw	2.0
Nauti Selzter	5.0
Spiked Selzter	5.0
MIXERS	NET CARBS
Sparkling Water	0
Unsweetened Flavored Water	0
Flavored Stevia Drops	0
Tonic Water (4 oz/120ml)	4.6
Lemon Juice (1 tbsp/15ml)	0.8
Lime Juice (1 tbsp/15ml)	1.2
Water Enhancers	2.5
Bitters (dash)	2.0

SOURCE: The USDA FoodData Central App, <https://fdc.nal.usda.gov/fdc-app.html#/>

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