

**Overzicht van de hoeveelheid energie die verschillende dranken leveren:**

Advocaat	1 glas (50 ml)	120 kcal
Berenburg	1 glas (35 ml)	65 kcal
Bier, alcoholarm, -vrij, light	1 glas (200 ml)	45 kcal
Bier, pils	1 glas (200 ml)	85 kcal
Campari	1 glas ( 35 ml)	65 kcal
Citroenjenever	1 glas (35 ml)	65 kcal
Cognac	1 glas (35 ml)	80 kcal
Jägermeister	1 glas ( 35 ml)	100 kcal
Jenever, oud en jong	1 glas ( 35 ml)	70 kcal
Likeur, 15-25% alcohol	1 glas ( 35 ml)	85 kcal
Port	1 glas (50 ml)	80 kcal
Rode wijn	1 glas (150 ml)	120 kcal
Rose wijn	1 glas (150 ml)	120 kcal
Sherry	1 glas (50 ml)	55 kcal
Vermouth	1 glas ( 50 ml)	75 kcal
Vieux	1 glas ( 35 ml)	70 kcal
Whisky	1 glas ( 35 ml)	85 kcal
Witte wijn, droog	1 glas (150 ml)	100 kcal
Witte wijn, zoet	1 glas (100 ml)	95 kcal
Appelsap	1 glas (150 ml)	50 kcal
Bronwater	1 glas (150 ml)	0 kcal
Chocolademelk, mager	1 glas (150 ml)	90 kcal
Chocolademelk, vol	1 glas (150 ml)	140 kcal
Druivensap	1 glas (100 ml)	70 kcal
Dubbeldrank	1 glas (100 ml)	50 kcal
Frisdrank (cassis, cola, tonic, up)	1 glas (150 ml)	55 kcal
Frisdrank light	1 glas (150 ml)	0 kcal
Grapefruitsap	1 glas (100 ml)	30 kcal
Groentesap	1 glas (100 ml)	20 kcal
Limonade	1 glas (150 ml)	55 kcal
Milkshake	1 glas (150 ml)	110 kcal
Mineraalwater	1 glas (150 ml)	0 kcal
Sinaasappelsap	1 glas (100 ml)	35 kcal
Tomatensap	1 glas (100 ml)	20 kcal
Vruchtendrank, vruchtennectar	1 glas (150 ml)	60 kcal
Yoghurt drank	1 glas (150 ml)	95 kcal