

NEW YEAR'S EVE: drink this, not that



Headed to a New Year's party, but worried about the calories in your favorite festive drink? Consider these options.

Safety first

Whatever drink you choose, staying safe should be your first priority. Drink responsibly, never drink and drive, and always have a plan for getting home.



Wine about it

Drink this: red wine



Not that: white wine

Why: Red wine has a lower sugar content and higher antioxidant levels.

5 Number of ounces in one glass serving. That's about two-thirds of a small wine glass and roughly 125 calories.

Drink this: champagne



Not that: red or white wine

Why: A 4-ounce serving of champagne has 90 calories, fewer than in the same amount of wine.

90 Pounds per square inch of pressure in a bottle of champagne. That's more than triple the pressure in a car tire.

All about beer

Drink this: light beer



Not that: dark beer

Why: Light beer keeps the flavor without the added calories.

100 Approximate calorie count for a can or bottle of light beer, as opposed to dark beer's 150.

Crafty cocktails

Drink this: diet or club soda cocktails



Not that: juice cocktails

Why: Cocktails made with juice have more sugar, and their sweet taste can mask high alcohol content.

1.5 Ounces of distilled liquor you should be using for one standard drink.

Drink this: low-proof liquor



Not that: high-proof liquor

Why: Low-proof alcohol, like 80-proof vodka, has less alcohol and fewer calories than higher-proof options.

37 Times more toxic compounds in bourbon than vodka. The clearer the liquor, the less refined it is.

From the expert

"Be smart about alcohol consumption. Alternating water and alcoholic drinks can help you stay hydrated and feel much better in the morning."

— Stephanie Metzner, a registered dietitian who works at Sharp Rees-Stealy

