



Ingredients in Some Common Alcoholic Drinks

The goal of this information sheet is to assist educators in identifying ingredients in some common alcoholic drinks. While beverages have been separated in this table according to alcohol and carbohydrate content for ease of use, it is important to remember that carbohydrate counting when consuming alcohol is not recommended due to the increased risk of hypoglycemia associated with alcohol intake.

Although we have tried to list all ingredients in the drinks below, please ask your clients exactly what they are drinking. Please also note that restaurants/bars often have different compositions of drinks even if the ingredient listing remains the same.

Helpful websites include: www.lcbo.ca; www.drinksmixer.com; www.drinkboy.com; www.webtender.com

Common Drink Name	Hard (distilled) Alcohol	Other Alcohol (liqueur; fermented beverages)	Other
Alabama slammer		Amaretto Southern comfort Sloe gin	Orange juice
B-52		Kahlua Bailey's Grand Marnier or Cointreau	
Bahama Mama	Dark rum Light rum		Orange juice Pineapple juice Grenadine syrup Lemon bar mix
Beachcomber	Rum	Triple sec	Lime juice
Bellini	Composition and ingredient listing varies widely		
Black Russian	Vodka	Kahlua	
Brown Cow		Kahlua	Milk
Caesar	Vodka		Clamato Tabasco Salt Pepper
Cosmopolitan	Vodka	Cointreau	Cranberry juice



			Lime
Egg Nog	Golden rum		Egg Sugar Salt Half & half cream Milk Nutmeg
Fuzzy Navel		Peach schnapps	Orange juice
Gibson Martini	Vodka	Dry vermouth	Cocktail onion
Gin Fizz		Sloe gin	Club soda Lemon bar mix
Gin & Tonic	Gin		Tonic water
Liquid Cocaine	Composition and ingredient listing varies widely		
Long Island Iced Tea	Rum Vodka Gin Tequila	Triple sec or Cointreau	Coke
Mai Tai	Dark rum Light rum Gold rum	Orange curaçao	Orgeat (almond syrup) Lime juice
Manhattan	Rye or Bourbon whiskey	Sweet vermouth Angostura bitter	
Margarita	Tequila	Cointreau or Triple sec	Lime juice Salt Sugar Ice cubes (pineapple juice; orange juice; fresh mango and/or strawberries may also be added)
Paralyzer	Composition and ingredient listing varies widely		
Pina Colada (a)		Malibu rum	Pineapple juice Milk
Pina Colada (b)	Rum		Pina colada bar mix
Pink Lady	Gin		Grenadine syrup Cream
Planters Punch	Light rum		Orange juice



	Dark rum		Pineapple juice Grenadine syrup
Purple Haze	Composition and ingredient listing varies widely		
Rum & Coke	Rum		Coke
Rusty Nail	Scotch	Drambuie	
Rye & Ginger	Rye		Gingerale
Sangria		Dry red wine Cointreau Brandy	Orange juice Sugar Water Lemon/orange slices
Scotch & Soda	Scotch		Club soda
Screwdriver	Vodka		Orange juice
Singapore Sling	Gin Brandy	Cointreau Benedictine Bitter	Pineapple juice Lime juice Grenadine syrup
Silver Cloud		Amaretto Coffee Liquor	Whipped cream Milk
Snake Bite	Jack Daniels Tequila	Southern Comfort	
Strawberry Daiquiri	Rum		Lime bar mix Strawberries Ice cubes
Tom Collins	Gin		Lemon bar mix
Vodka & Cranberry Juice	Vodka		Cranberry juice
White Russian	Vodka	Kahlua	Milk
Zombie	Demerara rum Gold rum White rum	Angostura bitter	Lemon juice Lime juice Pineapple juice Brown sugar Passion fruit syrup