

Kilojoules (kJ)¹ in alcoholic and non-alcoholic drinks and foods*

● Alcoholic drinks

● Other drinks and foods

217 kJ



330ml bottle of low-strength beer

0.7 standard drinks
2.5% alc

295 kJ



30ml shot of whiskey

1.0 standard drink
42% alc

373 kJ



1 glass of orange juice

250ml

385 kJ



330ml bottle of beer

1.2 standard drinks
5% alc

399 kJ



1 coffee (regular cappuccino)

190ml

412 kJ



1 chocolate biscuit

19g

432 kJ



1 glass of lemonade

250ml

468 kJ



150ml glass of white wine

1.5 standard drinks
13% alc

502 kJ



150ml glass of red wine

1.7 standard drinks
14% alc

512 kJ



1 snack pack of peanuts

20g

546 kJ



60ml double shot of vodka

1.9 standard drinks
38% alc

647 kJ



1 small bag of potato crisps

30g

724 kJ



330ml bottle of cider

1.3 standard drinks
5% alc

765 kJ



330ml can of RTD vodka and lemonade

1.2 standard drinks
5% alc

904 kJ



1 large can of energy drink

500ml

979 kJ



330ml can of RTD whiskey and cola

1.8 standard drinks
7% alc

1,120 kJ



1 chocolate bar

50g

1,307 kJ



440ml can of RTD whiskey and cola

2.4 standard drinks
7% alc

1. Source: Plant & Food Research Limited and Ministry of Health. (2018). New Zealand Food Composition Database and Alcoholic Beverage Supplement. foodcomposition.co.nz.
* Kilojoules provided are average values. Individual products will vary depending on their composition.