

Beer	Serve size	Kilojoules per serve	Carbs per serve	Alcohol grams per serve	Alcohol grams per 100ml	Kilojoules per 100ml	Carbs per 100ml
Full Strength E.g. Carlton Draught 4.6%	Pint (570ml) Schooner (450ml) Tinny (375ml) Bottle (330ml) Middy / Pot (285ml)	884kJ (211 cal) 698kJ (167 cal) 581kJ (139 cal) 512kJ (122cal) 442kJ (106 cal)	15.4g 12.2g 10.1g 8.9g 7.7g	21g 17g 14g 12g 11g	3.7g	155kJ (37 cal)	2.7g
Mid-strength E.g. XXXX Gold 3.5%	Pint (570ml) Schooner (450ml) Tinny (375ml) Bottle (330ml) Middy / Pot (285ml)	699kJ (167 cal) 552kJ (132 cal) 460kJ (110 cal) 405kJ (97 cal) 350kJ (84 cal)	10.6g 8.4g 7g 6.2g 5.3g	17g 13g 11g 10g 8g	2.9g	123kJ (29 cal)	1.9g
Light E.g. Cascade Premium Light 2.6%	Pint (570ml) Schooner (450ml) Tinny (375ml) Bottle (330ml) Middy / Pot (285ml)	650kJ (155 cal) 513kJ (123 cal) 428kJ (102 cal) 376kJ (90 cal) 325kJ (78 cal)	17.1g 13.5g 11.2g 9.9g 8.5g	12g 9g 8g 7g 6g	2.1g	114kJ (27 cal)	3g
Low carb E.g. Carlton Dry (4.5%)	Pint (570ml) Schooner (450ml) Tinny (375ml) Bottle (330ml) Middy / Pot (285ml)	792kJ (189 cal) 625kJ (149 cal) 521kJ (125 cal) 493kJ (118 cal) 396kJ (95 cal)	10.8g 8.6g 7.1g 6.7g 5.4g	18.8g 14.8g 12.4g 11.7g 9.4g	3.3g	139kJ (33 cal)	1.9g
Ultra Low Carb E.g. Pure Blonde 4.2%	Pint (570ml) Schooner (450ml) Tinny (375ml) Bottle (330ml) Middy / Pot (285ml)	621kJ (148 cal) 490kJ (117 cal) 409kJ (98 cal) 360kJ (86 cal) 311kJ (74 cal)	2.8g 2.2g 1.9g 1.7g 1.4g	18.8g 14.8g 12.4g 10.9g 9.4g	3.3g	109kJ (26 cal)	0.5g

Cider E.g. Somersby Apple Cider 4.5%	Pint (570ml)	1499kJ (356kJ)	51g	20.5g	3.6g	263kJ (63 cal)	9g
	Schooner (450ml)	1183kJ (281cal)	40.5g	16.2g			
	Tinny (375ml)	986kJ (234cal)	33.8g	13.5g			
	Bottle (330ml)	868kJ (207cal)	29.7g	11.9g			
	Middy / Pot (285ml)	749kJ (178cal)	25.7g	10.3g			
Shandy 2.3% (made with ½ full strength beer, ½ lemonade)	Pint (570ml)	1858kJ (442cal)	80g	10.8g	1.9g	326 (78 cal)	14g
	Schooner (450ml)	1467kJ (349cal)	63g	8.6g			
	Tinny (375ml)	1222kJ (291cal)	53g	7.1g			
	Bottle (330ml)	1075kJ (256 cal)	46g	6.3g			
	Middy / Pot (285ml)	929kJ (221cal)	40g	5.4g			