

By: Ashish Jain Questions? Write to darukanasha@citymasala.com.

Hello fellow *daru baazon* – if you are like me, you went a teeny weenie excessive during the holiday season in your merry making. On New Year’s day, when you look at your expanding waist line, you make the most popular New Year resolution of all - LOSE WEIGHT! *Sala, kya zamana hai* – we work hard, get good food, good booze and a good lifestyle in a comfortable house and then we work out and try to get rid of the “fruit” of the easy lifestyle! Change the lifestyle, and *na rahega baas aur na bajegi bansuri!*

I have compiled a small list of the more popular *darus* and their respective calorie count. This is just a basic guide so you can keep an eye on the calorie intake as and when you partake in the pleasures of drinking.

| Alcoholic Beverages | Size Oz | Calories |
|---|---------|----------|
| Beer | 12 | 150 |
| Light beer | 12 | 110 |
| Dark beer | 12 | 168 |
| Non-alcoholic beer | 12 | 70 |
| Distilled spirits (Scotch, vodka, bourbon, gin etc.) | 1.5 | 100 |
| Dry dessert wine | 5 | 198 |
| Sweet dessert wine | 5 | 344 |
| Red wine | 5 | 105 |
| White wine | 5 | 100 |
| Sparkling white wine | 5 | 106 |
| Bloody Mary (Vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco sauce, lime) | 4.6 | 120 |
| Cosmopolitan (Vodka, Triple Sec, Rose's lime juice, cranberry juice) | 2.5 | 78 |
| Daiquiri (Light rum, limes, powdered sugar) | 2.7 | 137 |
| Gin and tonic (Gin, tonic water, lime) | 7 | 189 |
| Hurricane (Dark rum, light rum, orange juice, pineapple juice, Grenadine, 151 proof rum, cherries, pineapple and sugar) | 10.4 | 127 |
| Margarita (Coarse salt, lime, white Tequila, Triple Sec, lime juice, crushed ice) | 6.3 | 109 |
| Martini (Gin, dry Vermouth) | 2 | 93 |
| Mudslide (Vodka, coffee liqueur, Irish cream, vanilla ice cream) | 3.6 | 240 |
| Pina colada (Malibu rum, pineapple juice, cream) | 8 | 77 |
| Rum and Coke | 12 | 128 |

The way I see it from the chart above is that you need to stick to Scotch straight up! You will be OK then - get rid of the fruity fruity cocktails. Have a *balle balle* time loosing weight.

