



Beer

Product	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
Abbots Lager	4.5	2.80	155	37	<0.20
Abbotsford Invalid Stout	5.2	3.80	187	45	0.01
Ballarat Bitter	4.6	2.90	158	38	<0.10
Becks	5.0	3.00	174	42	0.1
Brisbane Bitter	4.9	3.10	169	40	<0.10
Budweiser	5.0	2.80	181	43	0.1
Bulimba Gold Top Pale Ale	4.0	3.20	150	36	0.22
Carlton Black Ale	4.4	3.30	161	38	0.25
Carlton Draught	4.6	2.70	155	37	0.07
Carlton Dry	4.5	1.90	139	33	<0.01
Carlton Dry Fusion Lime	4.0	2.00	130	31	0.16
Carlton Dry Mid	3.5	1.40	109	26	0.10
Carlton Light	2.7	2.70	113	27	<0.01
Carlton Mid	3.5	3.20	138	33	0.06
Carlton Pale Ale	4.2	2.90	149	36	0.15
Carton Cold Filtered	3.5	1.90	140	34	0.05
Cascade Bitter	4.4	2.40	146	35	<0.01
Cascade Draught	4.7	2.70	158	38	0.14
Cascade First Harvest Ale	5.5	4.00	198	47	<0.10
Cascade Lager	4.8	2.70	161	38	0.01
Cascade Pale Ale	5.0	3.00	170	41	0.06
Cascade Premium Light	2.4	2.10	95	23	0.02
Cascade Stout	5.8	4.50	213	51	0.03
Corona Extra	4.5	4.00	176	42	0.2
Crown Golden Ale	4.5	3.30	163	39	0.01
Crown Lager	4.9	3.20	171	41	0.02
Fosters' Classic	4.0	2.50	138	33	<0.01
Foster's Lager	4.9	3.10	169	40	<0.01
Foster's Light Ice	2.3	3.50	116	28	<0.01
Great Northern Brewing Co Original	4.2	1.70	130	31	0.06



Beer

Product	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
Great Northern Brewing Co Super Crisp Lager	3.5	1.40	112	27	0.06
Hoegaarden White	4.9	3.60	187	45	0.2
Kent Old Brown	4.4	3.20	158	38	<0.10
Leffe Blonde	6.6	5.20	241	58	0.5
Leffe Brune	6.5	5.30	240	57	0.7
Leffe Radiouse	8.2	5.80	282	68	0.4
Matilda Bay Alpha Pale Ale	5.2	4.30	196	47	0.03
Matilda Bay Beez Neez	4.7	2.70	157	38	0.20
Matilda Bay Dogbolter	5.2	5.00	207	50	<0.10
Matilda Bay Fat Yak	4.7	3.40	169	40	0.02
Matilda Bay Lazy Yak	4.2	3.40	158	38	0.08
Matilda Bay Lazy Yak Stadia	3.5	2.70	131	31	0.02
Matilda Bay Minimum Chips	4.7	3.10	166	40	0.03
Matilda Bay Ruby Tuesday	4.7	4.40	186	44	<0.01
Matilda Bay Wild Yak	4.2	2.70	147	35	0.30
McCracken's Ale	4.2	2.70	149	36	0.02
Melbourne Bitter	4.6	2.90	158	38	0.07
Miller Chill	4.0	3.00	155	37	1.10
Miller Genuine Draft	4.7	3.30	168	40	0.03
Negra Modello	5.4	4.40	204	49	0.0
Northern Territory Draught	4.9	3.20	171	41	<0.10
Pacific Radler Blood Orange	2.0	4.80	114	27	3.20
Pacific Radler Lemon	2.0	3.50	122	29	3.50
Powers Gold	3.0	2.40	114	27	<0.01
Pure Blonde Low Carb	4.2	0.50	109	26	0.07
Pure Blonde Premium	3.0	0.30	79	19	0.19
Redback Original	4.7	3.60	172	41	0.01
Resch Draught	4.5	2.70	154	37	0.01
Resch Pilsener	4.4	2.90	154	37	<0.01
Resch's Real Bitter	4.0	2.50	138	33	0.16



Beer

Product	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
Richmond Lager	4.5	2.60	152	36	<0.10
Sheaf Stout	5.7	5.30	223	53	0.01
Sheaf Stout	4.2	2.10	135	33	0.40
Stella Artois	5.0	3.20	181	43	0.5
Stella Leggere	3.5	2.60	128	31	<0.10
Tooths Lager	4.5	3.10	160	38	<0.10
VB Gold	3.0	2.50	115	27	0.06
Victoria Bitter	4.9	3.10	169	40	0.10



Cider

Product	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
Bonamy's Cider	4.0	4.8	169	40	3.4
Bulmer's Original	4.7	4.3	174	42	3.1
Bulmer's Pear	4.7	5.5	182	44	3.0
Little Green Cider	4.5	9.2	259	62	7.9
Matilda Bay Dirty Granny	5.5	5.5	199	48	2.6
Mercury 100 Years	5.0	6.2	210	50	4.7
Mercury Draught	5.2	6.2	215	51	4.7
Mercury Dry	5.2	4.0	179	43	2.4
Mercury Hard	6.9	10.2	336	80	8.8
Pure Blonde Cider	4.2	2.8	155	37	2.0
Spring Cider Co Apple	2.0	4.6	120	29	4.1
Spring Cider Co Apple Pomegranate	2.0	4.9	127	30	4.2
Strongbow Low Carb	5.0	3.7	169	40	2.5
Strongbow Dry Cider	5.0	5.5	196	47	3.6
Strongbow Sweet Cider	5.0	8.2	239	57	6.5
Strongbow One	3.7	6.2	190	45	5.0
Strongbow Original	5.0	6.5	216	52	5.2
Strongbow Midstrength Apple Cider	3.5	5.8	171	41	4.6
Strongbow Pear	5.0	5.5	188	45	2.9



Spirits

Product	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
The Black Douglas & Cola	4.6	8.9	256	61	8.8
The Black Douglas & Dry	4.6	7.2	230	55	7.2
The Black Douglas & Zero	4.6	0.1	109	26	0.0
Cougar Bourbon & Cola	4.7	9	256	61	8.9
Cougar Bourbon & Dry	4.7	7.3	234	56	7.3
Cougar Bourbon & Zero	4.7	0.1	114	27	0.0