

Beer Nutrition



Updated 6th August 2019

Brand	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
Abbots Lager	4.5	2.8	155	37	<0.20
Abbotsford Invalid Stout	5.2	3.8	187	45	0.01
Ballarat Bitter	4.6	2.9	158	38	<0.1
Becks	5.0	3	174	42	0.1
Brisbane Bitter	4.9	3.1	169	40	<0.1
Brookvale Union Ginger Beer	4.0	9.3	249	60	9.1
Budweiser	4.5	3.2	161	39	0.09
Bulimba Gold Top Pale Ale	4.0	3.2	150	36	0.22
Carlton Black Ale	4.4	3.3	161	38	0.25
Carlton Draught	4.6	2.7	155	37	0.07
Carlton Dry	4.5	1.9	139	33	<0.01
Carlton Dry Fusion Lime	4.0	2	130	31	0.16
Carlton Dry Mid	3.5	1.4	109	26	0.1
Carlton Hard	6.5	2.7	199	48	0.21
Carlton Light	2.7	2.7	113	27	<0.1
Carlton Mid	3.5	3.2	138	33	0.06
Carton Cold Filtered	3.5	1.9	117	28	0.05
Carlton Zero	0.0	7	118	28	0.6
Cascade Bitter	4.4	2.4	146	35	<0.1
Cascade Draught	4.7	2.7	158	38	0.14
Cascade Lager	4.8	2.7	161	38	0.01
Cascade Pale Ale	5.0	3	170	41	0.06
Cascade Premium Light	2.6	2.4	103	25	0.02
Cascade Stout	5.8	4.5	213	51	0.03
Corona Extra	4.5	4	176	42	0.2
Crown Lager	4.9	3.2	171	41	0.02
Fosters' Classic	4.0	2.5	138	33	<0.1
Foster's Lager	4.9	3.1	169	40	<0.1
Foster's Light Ice	2.3	3.5	116	28	<0.1
Frothy	4.2	2.4	143	34	0.07
Great Northern Brewing Co Original	4.2	1.7	130	31	0.06
Great Northern Brewing Co Super Crisp Lager	3.5	1.4	112	27	0.06
Hoegaarden White	4.9	3.6	187	45	0.2
Kent Old Brown	4.4	3.2	158	38	<0.1
Matilda Bay Alpha Pale Ale	5.2	4.3	196	47	0.03
Matilda Bay Beez Neez	4.7	2.7	157	38	0.2
Matilda Bay Dogbolter	5.2	5	207	50	<0.1
Matilda Bay Fat Yak	4.7	3.4	169	40	0.02
Matilda Bay Lazy Yak	3.5	2.7	131	31	0.02
Matilda Bay Minimum Chips	4.7	3.1	166	40	0.03
Matilda Bay Ruby Tuesday	4.7	4.4	186	44	<0.1
Matilda Bay Wild Yak	4.2	2.7	147	35	0.3
McCracken's Ale	4.2	2.7	149	36	0.02
Melbourne Bitter	4.6	2.9	158	38	0.07
Miller Chill	4.0	3	155	37	1.1
Miller Genuine Draft	4.7	3.3	168	40	0.03
Pacific Radler Lemon	2.0	3.5	122	29	3.5
Powers Gold	3.0	2.4	114	27	<0.1
Pure Blonde Low Carb	4.2	0.5	109	26	0.07
Pure Blonde Premium Mid	3.0	0.3	79	19	0.19
Redback Original	4.7	3.6	172	41	0.01
Resch Draught	4.5	2.7	154	37	0.01
Resch Pilsener	4.4	2.9	154	37	<0.1
Resch's Real Bitter	4.0	2.5	138	33	0.16

Richmond Lager	4.5	2.6	152	36	0.01
Rusty Yak Ginger Beer	3.5	7.9	215	51	7.4
Sheaf Stout	5.7	5.3	223	53	0.01
Stella Artois	4.8	3.2	168	40	0.11
Stella Leggere	3.5	2.6	128	31	<0.1
Tooths Lager	4.5	3.1	160	38	<0.1
VB Gold	3.0	2.5	115	27	0.06
Victoria Bitter	4.9	3.1	169	40	0.1

Cider & RTD Nutrition

Updated 6th August 2019

Products	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
Brookvale Union Vodka Peach Iced Tea	4.0	5.5	186	45	3.7
Bulmer's Original	4.7	4.3	174	42	3.1
Bulmer's Pear	4.7	5.5	182	44	3
Little Green Apple Cider	4.5	9.2	259	62	7.9
Lumber Yak	4.5	3.9	169	40	2.6
Mercury Draught	5.2	6.2	215	51	4.7
Mercury Dry	5.2	4	179	43	2.4
Mercury Hard	6.9	10.2	336	80	8.8
Mercury Hard Raspberry	8.2	7.5	314	75	7
Pure Blonde Cider	4.2	2.8	155	37	2
Pure Blonde Organic Cider	4.2	2.4	137	33	1.6
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 Dry Cider	5.0	5.5	196	47	3.6
Strongbow Low Carb	5.0	3.7	169	40	2.5
Strongbow Original	5.0	6.5	216	52	5.2
Strongbow Pear	5.0	5.5	188	45	2.9
Strongbow Rose	8.2	6.7	301	72	2.2
Strongbow Sweet Cider	5.0	8.2	239	57	6.5
The Black Douglas & Cola	4.6	7.3	229	55	7.3
The Black Douglas & Dry	4.6	5.7	201	48	5.7
The Black Douglas & Zero	4.4	0.1	101	24	0
Cougar Bourbon & Zero	4.4	0.1	102	24	0