

Beer Nutrition



Updated 10th March 2021

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
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	0.05
Carlton Dry Lime Peels	4.0	2.8	144	34	1.00
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	3.0	2.5	115	28	0.06
Carton Cold Filtered	3.5	1.9	117	28	0.05
Carlton Zero	0.0	7.0	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	3.0	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	4.0	174	42	0.2
Corona Ligera	3.2	1.4	117	28	0.1
Crown Lager	4.9	3.2	171	41	0.02
Cubs Lager	4.5	1.8	138	33	0.05
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
Great Northern Zero	0.0	4.1	76	18	0.5
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 Dogbolter	5.2	5.0	207	50	0.05
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 Thirsty Yak	4.2	3.3	156	37	0.05
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	3.0	155	37	1.1
Miller Genuine Draft	4.7	3.3	168	40	0.03
Pigeon Lager	4.5	1.8	138	33	0.05
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 Organic Lager	4.0	0.4	105	25	0.08
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

Tooths Lager - Ale	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 10th March 2021

Products	Alcohol %v/v	Carbohydrate (g/100mL)	Energy (kJ/100mL)	Energy (cal/100 mL)	Total Sugar (g/100mL)
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
Lumber Yak	4.5	3.9	169	40	2.6
Mercury Draught	5.2	6.2	215	51	4.7
Mercury Dry	5.2	4.00	179	43	2.4
Mercury Hard	6.9	10.2	336	80	8.8
Mercury Hard Raspberry	8.2	7.5	314	75	7
Mercury Hard Passionfruit	8.2	5.7	284	68	9.6
Pure Blonde Organic Cider	4.2	2.4	137	33	1.6
Black Douglas & Cola	4.4	6.1	205	49	5.6
Black Douglas & Dry	4.4	6.2	207	50	4.6
Black Douglas & Zero	4.4	0.1	101	24	0
Cougar Bourbon & Zero	4.4	0.1	102	24	0
Cougar Bourbon & Cola	4.5	7.3	226	54	6.3
Actual	4.2	0.2	97.0	23.0	0.1
Actual Lime	4.2	0	91.0	21.8	0