

	Regular Beer	Light Beer	Root Beer
measure	12 fl oz	12 fl oz	2.5 oz
weight (g)	355	354	355
water (%)	92	95	89
calories (kcal) [calorie cash™]	146 [1.50]	99 [1.00]	152 [1.50]
Protein (g)	1	1	0
Total fat (g)	0	0	0
saturated fat (g)	0	0	0
monounsaturated fat (g)	0	0	0
polyunsaturated fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Carbohydrate (g)	13	5	39
Total dietary fiber (g)	0.7	0	0
Calcium (mg)	18	18	18
Iron (mg)	0.1	0.1	0.18
Potassium (mg)	89	64	4
Sodium (mg)	18	11	48
Vitamin A (IU)	0	0	0
Vitamin A (RE)	0	0	0
Thiamin (mg)	0.02	0.03	0
Riboflavin (mg)	0.09	0.11	0
Niacin (mg)	1.6	1.4	0
Accorbic acid (mg)	0	0	0
Vitamin E (mg)	0	0	0

<http://www.ideal-weight-charts.com>