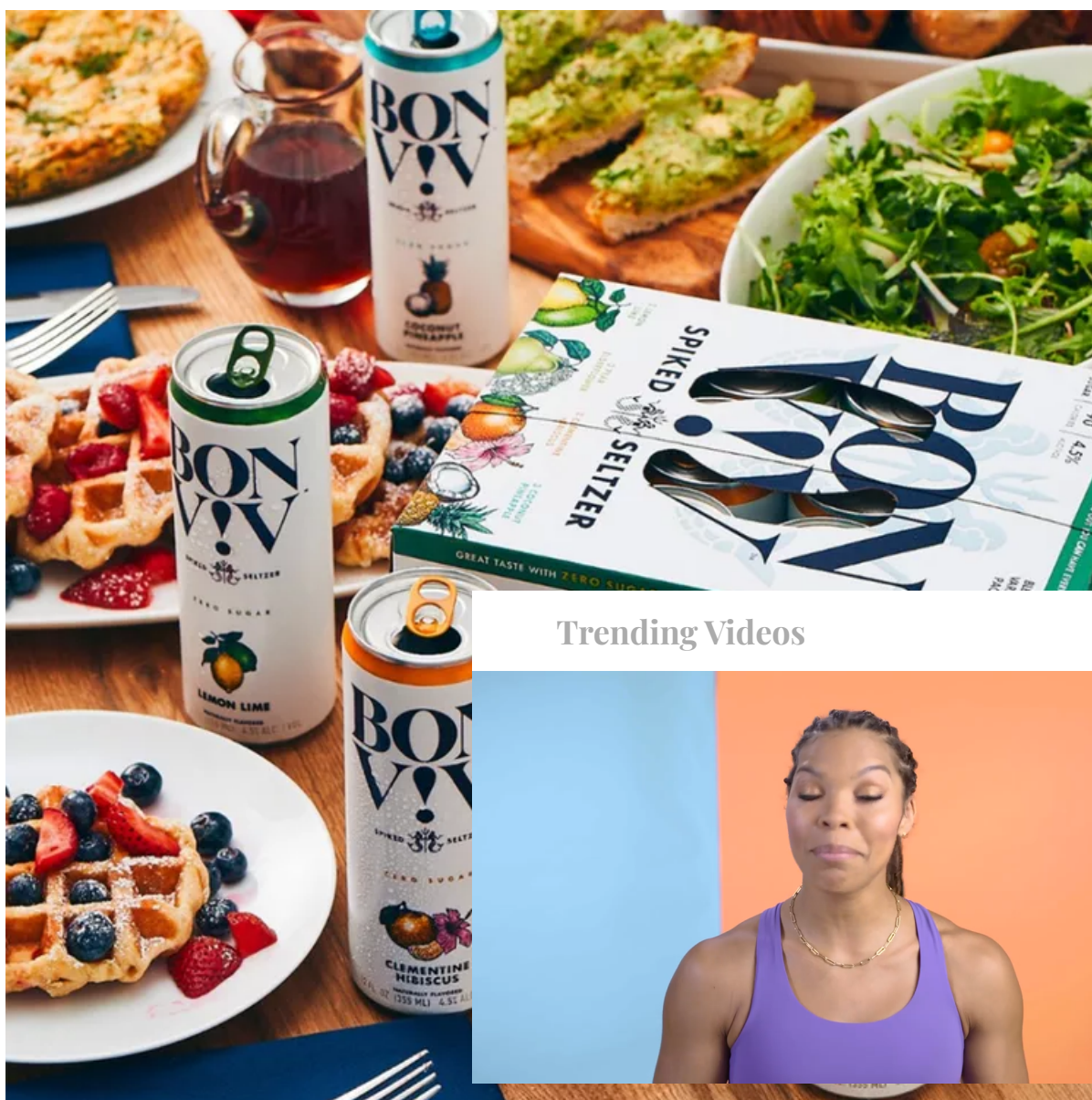


FOOD & NUTRITION > MEAL IDEAS > HEALTHY DRINKS

These Are the Best Low-Calorie Alcoholic Drinks In a Can — Including Wine, Cocktails, and Seltzers

By **Lauren Mazzo** and **Megan Falk** | Updated on August 5, 2022



Trending Videos

You deserve an upgrade from malt lemonade — and luckily, there are a ton of canned alcoholic drinks on the market now, so you can find your favorite sip. Here are some delicious picks for low-calorie alcoholic drinks in a can, from cocktails to wine and seltzers.

01
of 30

José Cuervo Sparkling Margaritas

BUY IT, \$9 FOR 4



low-calorie alcoholic drinks in a can: photo of jose cuervo canned cocktail paloma

Trending Videos

PHOTO: JOSÉ CUERVO

Margarita, Strawberry, and Paloma, you can grab a four-pack to tote to the beach for a tropical treat, no messy mixing needed.

02
of 30

Truly Spiked & Sparkling Water

BUY IT, \$20 FOR 12



low-calorie alcoholic drinks in a can: two hands
cheersing cans of truly spiked and sparkling setlzer

Trending Videos

PHOTO: INSTAGRAM @TRULYSPARKLII

Looking for a really light way

[Sparkling](#) offers spiked sparkling water that contains only five

over 30 flavors — including Lime, Passion Fruit, Wild Berry, and Grapefruit.

03
of 30

West + Wilder Canned Wines

BUY IT, \$18 FOR 3



low-calorie alcoholic drinks in a can: staged photo of cans of West + Wilder Canned Wines white and sparkling white varietals

Trending Videos

PHOTO: WEST + WILDER

If you need something you can consider [West + Wilder](#), which labels itself as a great bottle of wine

rose water, yellow plums, and watermelon rind.

04
of 30

Ramona Ruby Wine Spritz

BUY IT, \$20 FOR 4



RAMONA canned cocktails

Trending Videos


PHOTO: CASON LATIMER

Ramona — a wine cooler made with natural flavors — was created for the modern lifestyle and restaurant culture, and as a high-quality alternative for beer.

05
of 30

Smirnoff Spiked Sparkling Seltzer

BUY IT, \$17 FOR 12

 low-calorie alcoholic drinks in a can: staged photo of two cans of Smirnoff Spiked Seltzer

Trending Videos

PHOTO: SMIRNOFF

Lighten up your happy hour p
spiked sparkling seltzer made
artificial sweeteners. These [b](#)

06
of 30

Nomadica Canned Wines

BUY IT, FROM \$54 FOR 8



low-calorie alcoholic drinks in a can: photo of nomadica craft canned wine

Trending Videos

PHOTO: INSTAGRAM @NOMADICA

Think of [Nomadica](#) as the art brand believes the "can is the varietals of craft wine with lir around the world. (You just can't resist the urge to grab the can,

07
of 30

Barefoot Spritzers

BUY IT, \$8 FOR 4



low-calorie alcoholic drinks in a can: photo of two barefoot spritzers canned wine on the beach

Trending Videos


PHOTO: BAREFOOT

If you're more into a bubbly v
These low-calorie alcoholic d
Crisp White and Summer Red
over ice, or as a mixer for a sparkling cocktail. If you don't need

08
of 30

Crabbie's Alcoholic Ginger Beer

BUY IT, FROM \$26 FOR 6

 low-calorie alcoholic drinks in a can: a hand holding a bottle of Crabbie's alcoholic ginger beer with a lemon wedge

Trending Videos

PHOTO: CRABBIE'S

Maybe you want to add an e:
bottled option instead of a re
[Crabbie's Ginger Beer](#) is the s

09
of 30

BON V!V Spiked Seltzer

BUY IT, FROM \$17 FOR 12



low-calorie alcoholic drinks in a can: staged photo of
Bon Viv Spiked Seltzer

Trending Videos

PHOTO: BON VIV SPIKED SELTZER

[BON V!V Spiked Seltzer](#) is made with real fruit, natural yeast, and natural fruit flavor. It's 100% calorie-free, with 0 calories per can. Take your pick from 12 flavors: Pear Elderflower, Raspberry Dragonfruit, Strawberry, Orange,

variety 12-pack.

10
of 30

Mighty Swell Spritzer

BUY IT, \$37 FOR 24



low-calorie alcoholic drinks in a can: a hand holding two stacked cans of wine spritzer mighty swell

Trending Videos

PHOTO: INSTAGRAM @MIGHTYSWELL

In a mission to "never settle f
based [Mighty Swell](#) has ditch
syrup, and sodium benzoate to create their canned spritzers that

you won't miss the additives one bit.

11
of 30

Bandit Wines

BUY IT, \$10



low-calorie alcoholic drinks in a can: two hands
cheersing boxes of bandit wines rose

Trending Videos

PHOTO: INSTAGRAM@BANDITWINES


Adventure-ready [Bandit Wine](#)
wino; you don't have the spill
can re-seal these eco-smart, recyclable boxes, and there are no

Sauvignon, Red Blend, or award-winning Chardonnay, all made from premium California grapes. (If anyone asks questions, just list off [wine's health benefits](#).)

12
of 30

BABE Wine

BUY IT, \$13 FOR 4

 low-calorie alcoholic drinks in a can: two cans of babe rose with bubbles canned wine on the beach

Trending Videos

PHOTO: INSTAGRAM @WEBROUGHTV

on-the-go drinks are available in Pinot Grigio and a Red Blend.
(Here's [how to find low-carb, low-sugar wine](#).)

13
of 30

Slow & Low: Rock & Rye

BUY IT, \$19 FOR 4



low-calorie alcoholic drinks in a can: photo of a bottle
of slow & low rock & rye beside a travel can of the
whiskey cocktail

Trending Videos

PHOTO: SLOW & LOW

Looking for a beverage with i

Why not go for whiskey — [Slow & Low's new peach whiskey cocktail](#), to

Low spirit, including raw honey, orange peel, Angostura-style cocktail bitters, and a pinch of rock candy. (Yeah, dark liquor might give you a [worse hangover](#), but with a spirit this strong, you'll only need one.)

14
of 30

AVA Grace Canned Pinot Grigio & Rosé

BUY IT, \$5



low-calorie alcoholic drinks in a can: photo of a serving bowl filled with cans of ava grace canned wine

Trending Videos

PHOTO: INSTAGRAM @AVAGRACEVIN

[Grace Vineyards](#)' full bottles also cover the cans — snag both at your local liquor store, and your picnic/beach day/pool party is almost *too* photo-worthy.

15
of 30

White Claw Hard Seltzer

BUY IT, \$17 FOR 12



low-calorie alcoholic drinks in a can: white claw spiked seltzer

Trending Videos

PHOTO: HOLLY JOHNSON @MISSHOL

have just two grams of sugar — which is great when it comes to mixed drinks. The flavors contain no artificial flavors, sweeteners, colors, or preservatives, and are sweetened with real fruit juice and cane sugar. Use the [locator on their website](#) to see where you can stock up.

16
of 30

Cascadian Outfitters Canned Wines

BUY IT, \$30 FOR 6



low-calorie alcoholic drinks in a can: woman popping open a can of Cascadian Open Wine

Trending Videos

outdoor adventures — so they're served best with a nature view. The company offers a multitude of flavors, all made from fruit from the Columbia Valley in Washington. Cracking open a can will feel super appropriate on your next fishing trip, hike, or sail.

17
of 30

Franzia Little Franz Wine

BUY IT, \$3



low-calorie alcoholic drinks in a can: photo of a woman in a white dress holding a bouquet of flowers and a box of franzia little franz chardonnay

Trending Videos

wines. You can try one of five varieties — a Cabernet Sauvignon, Chardonnay, a Pinto Grigio/Colombard, a Moscato, and a Rosé — and each mini box contains the equivalent of three glasses.

18
of 30

High Noon Sun Sips

BUY IT, FROM \$28 FOR 12



low-calorie alcoholic drinks in a can: photo of two hands cheering High Noon Sun Sips vodka and soda

Trending Videos

PHOTO: HIGH NOON SUN SIPS

can contains vodka, sparkling water, and juice such as Pineapple, Grapefruit, Lime, Peach, Watermelon, and Black Cherry. Plus, the canned alcoholic drink is gluten-free and has no sugar added. (See: [Your Guide to Drinking Alcohol On the Keto Diet](#))

19
of 30

Cutwater Spirits

BUY IT, FROM \$14 FOR 4



low-calorie alcoholic drinks in a can: photo of a fridge full of Cutwater Spirits lime margaritas

Trending Videos

PHOTO: CUTWATER SPIRITS

dozens of different canned alcoholic drinks, which have anywhere from 5 to 14 percent ABV, making them ideal for both light and easy pre-gaming and nights in with the girls.

20
of 30

Tip Top Proper Cocktails

BUY IT, FROM \$5



low-calorie alcoholic drinks in a can: tip top proper cocktails product image against a white background

Trending Videos

PHOTO: COURTESY OF MERCHANTS

offers Negronis, Manhattans, and Old Fashioneds in adorable 100 ml cans. Unlike hard seltzers that you can down in 10 seconds flat, these drinks are definitely sippers, packing up to 37 percent ABV.

21
of 30

Hoxie Spritzer

BUY IT, \$28 FOR 8



Trending Videos

PHOTO: COURTESY OF MERCHANTS

grown grapes and come in Grapefruit Elderflower and Lemon Ginger Rosé. With their fresh flavors, the low-calorie alcoholic drinks in a can pair perfectly with a charcuterie board.

22
of 30

Novo Fogo Sparkling Caipirinha Cocktails

BUY IT, \$15 FOR 4



Trending Videos

PHOTO: COURTESY OF MERCHANTS

Brazil. Each can contains Cachaça, a Brazilian rum-like liquor that's distilled from fermented sugarcane juice, fruit juice, and sugar. Sip on the drink in Lime, Passion Fruit, and Mango flavors.

23
of 30

Cocktail Squad Canned Cocktails

BUY IT, FROM \$13 FOR 4



Trending Videos

PHOTO: COCKTAIL SQUAD

Bourbon Smash, and more. Plus, these 12-ounce cans are a little larger than some of their mixed-drink competitors.

24
of 30

Joia Spirit Craft Cocktails

BUY IT, FROM \$12 FOR 4



low-calorie alcoholic drinks in a can: joia cocktails
product image against a white background

Trending Videos

PHOTO: COURTESY OF MERCHANTS

[Joia Spirit](#) is giving beloved d
Cosmopolitan a 21st-century twist by adding conservation. Each

and garnish it with [fresh fruit](#).

25
of 30

Two Chicks Cocktails

BUY IT, FROM \$10 FOR 4



low-calorie alcoholic drinks in a can: Two Chicks four-pack canned cocktails


Trending Videos

PHOTO: TWO CHICKS

Need a drink for your next gir
canned cocktail brand. The b

Golden Rule Spirits

BUY IT, \$23 FOR 4

 low-calorie alcoholic drinks in a can: Golden Rule margarita product image on a white background

Trending Videos

PHOTO: COURTESY OF MERCHANTS


When it comes to canned alc
doesn't mess around. It sells
Old Fashioned. Each can of M
Blanco tequila, fresh lime juice, and triple sec, and ingredients that

drink is a mix of straight bourbon, aromatic bitters, natural orange, and cane sugar.

27
of 30

Fling Craft Cocktails

BUY IT, FROM \$10 FOR 4

 low-calorie alcoholic drinks in a can: photo of a variety of available Fling cocktails

Trending Videos

PHOTO: FLING

If there were a craft brewery

Made by Boulevard Brewing Co. in Kansas City, Missouri, these

Mai Tai, Vodka Lemonade, and more.

28
of 30

Maha Organic Hard Seltzer

BUY IT, FROM \$19 FOR 12



low-calorie alcoholic drinks in a can: maha organic hard seltzer product image against a white background

Trending Videos

PHOTO: COURTESY OF MERCHANTS


Organic fanatics, this cannect
Maha Organic's hard seltzers
barley, sea salt, and cascara powder. and an organic certified

of calcium, iron, potassium, magnesium, zinc, copper, and manganese.

29
of 30

Usual Spritz

BUY IT, \$48 FOR 8

 low-calorie alcoholic drinks in a can: Can of Usual Spritz with guava fruits

Trending Videos

PHOTO: USUAL

Thanks to Usual, you can have
The company's [Guava Spritz](#), which contains 21g of sugar, a splash of 100

ingredients don't convince you to grab a can, the surprisingly low 7.25 percent ABV surely will.

30
of 30

Ketel One Botanical Vodka Spritz

BUY IT, FROM \$15 FOR 4



low-calorie alcoholic drinks in a can: photo of Ketel One Botanical Vodka Spritz

Trending Videos

PHOTO: KETEL ONE

Once the clock strikes 5 p.m.,
this canned cocktail from [Ketel One](#). Available in peach & orange

flavors or sweeteners. Plus, it has just 73 calories per serving and a 3.6 percent ABV. Translation: You won't wake up with a massive sugar- and alcohol-induced headache the next day. (But if your wine Wednesdays go a little too far, try [these hangover cures that actually work.](#))

Was this page helpful?



Related Articles



woman drinking
from can

HEALTHY DRINKS

The Best Canned, Non-Alcoholic Drinks

By Megan Falk



Cinco de Mayo:
10 Alcoholic
Drinks to Avoid

HEALTHY DRINKS

Cinco de Mayo: 10 Alcoholic Drinks to Avoid

By Amy Ahlberg



The Best ALDI
Wines for an At-
Home Happy
Hour, According

HEALTHY DRINKS

The Best ALDI Wines, According to Superfans

By Megan Falk

Trending Videos



multiple people
cheersing with
low-calorie beer
options in glass

HEALTHY DRINKS

The Most Can Buy

By Alison Galt

THE BEST Trader Joe's Foods in Stores Right Now, According to the Foodies Behind TJ's Fan Accounts

By Megan Falk


 low-alcohol

low-abv
strawberry
spritzer cocktail

HEALTHY DRINKS

12 Low-Alcohol Cocktails that Deliver a Healthy Buzz


By Genevieve Ko, Laura Rege, and Lauren Mazzo

 Grapefruit and
cucumber
cocktails

HEALTHY DRINKS

The Best Summer Cocktails for a Healthy-ish Beverage

By Karla Walsh and Isabel Burton

 la-croix-habit-
sparkling-
water.jpg

HEALTHY DRINKS

Is La Croix Healthy? — Nutritionists Have the Answer


By Toby Amidor, R.D. and Carolyn Brown, M.S., R.D.

 Various_Glasses_V

HEALTHY DRINKS

How to Find Low-Carb, Low-Sugar Wine — Plus Five Picks to Try

By Kelsey Ogletree

 Woman
drinking healthy
soda

HEALTHY D

The Best I Sparkling

By Megan Fc

Trending Videos


Drinks That Will
Keep You In
Ketosis

Low-Carb Keto Drinks That Will Keep You In
Ketosis
By Ashley Mateo

HEALTHY DRINKS

How to Buy the Healthiest Tequila Possible

By Jillian Dara

 Plain Yogurt
With Berries

HEALTHY SNACKS

Best Low-Carb Snacks That Are Worth Buying, According to a Dietitian


By Taylor Jennings-Brown

 Close_Up_Of_Worr

WEIGHT MANAGEMENT

Does Alcohol Make You Gain Weight?


By Shape Editors

 Vitamin-
Infused-Drinks-to-
Stay-Hydrated-
and-Score-Key-

HEALTHY DRINKS

Vitamin-Enhanced Drinks to Stay Hydrated and Score Key Nutrients

By Megan Falk

 lavva vegan
yogurt brand to
buy at the store

MEAL IDEAS

The Best V Store

By Shannon

Trending Videos

Follow Us



FITNESS

BEAUTY

HEALTH AND WELLNESS

NEWS AND TRENDS

FOOD AND NUTRITION

LIFESTYLE

APPAREL AND GEAR

[About Us](#)

[Diversity & Inclusion
Pledge](#)

[Privacy Policy](#)

[Careers](#)

[Terms of Use](#)

[Accolades Licensing](#)

[Advertise](#)

[Content Licensing](#)

[Do Not Sell My Personal
Information](#)

[Affiliate Program](#)



Shape is part of the [Dotdash Meredith](#) publishing family.

 **Trending Videos**