

+PLAY WITH YOUR FOOD

happy hour hookups

Mix and match booze and bar snacks to find your perfect pair. Splurging on drinks? Ease up on the nosh, and vice versa. Or, screw it—call it dinner and chow 600 cal. By Amanda Woerner

Margarita

8-ounce glass, frozen
312 calories
0 grams fat



Cheese sticks

Starter (about 7 sticks)
763 calories
44 g fat



Nuts and margaritas are lower-cal and have zero fat.

Beer

12-oz bottle
146 calories
0 g fat



Mixed nuts

1 oz (about 19 nuts)
168 calories
15 g fat



Vodka & soda

5-oz glass
97 calories
0 g fat



Chips & salsa

7 chips,
2 tablespoons salsa
150 calories
7 g fat



Rum & cola

5-oz glass
136 calories
0 g fat



French fries

Side order
607 calories
30 g fat



White wine

5-oz glass
125 calories
0 g fat



Cheese pizza

1 slice
285 calories
10 g fat

