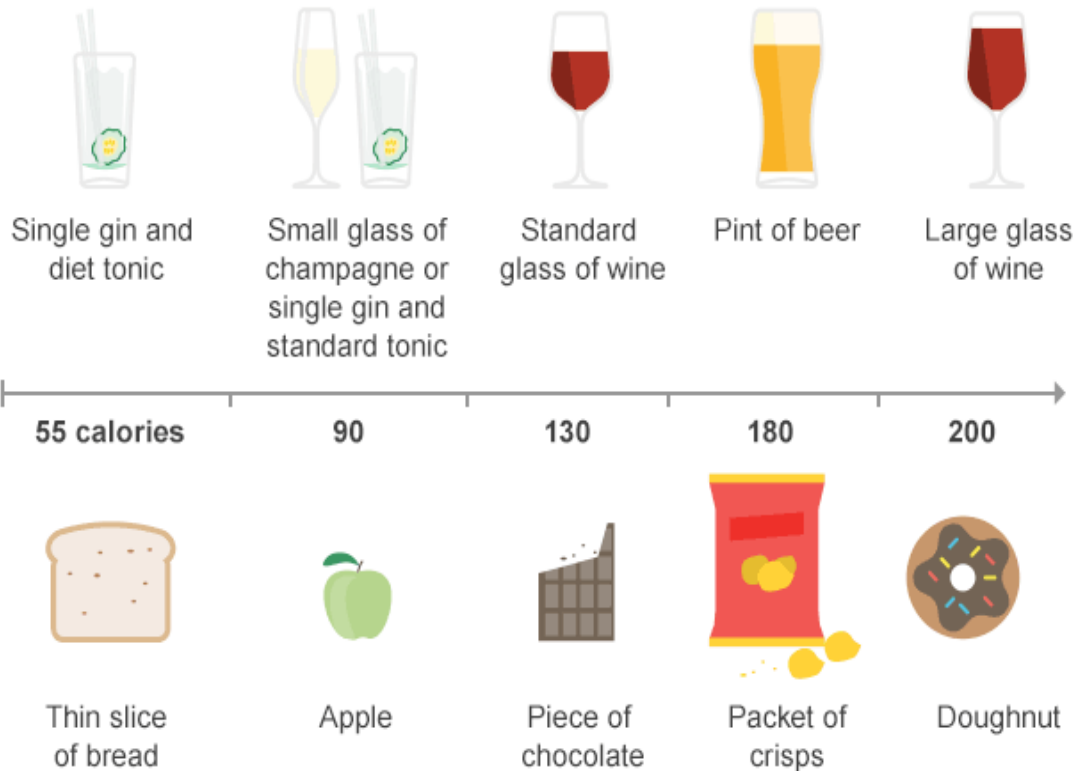


# Calories in Alcohol



Doctors warn that when it comes to alcoholic beverages, we are generally unaware of the amount of calories they contain

If asked to guess, most of us underestimate the correct count drastically!

It is estimated that 10% of an adult's calorie consumption comes from alcohol and gram-for-gram, alcohol is the 2<sup>nd</sup> most calorie-dense source of energy after fat

There is talk of changing the law to ensure alcohol is given calorie labels similar to those on food products

This simplified diagram gives you an idea of the comparative calorie content of some common drinks & food snacks...



A large 250ml glass of 8% wine is 170 calories

The same amount of 14% wine is 230 calories

A 275ml alcopop can be 170 calories

A pint of 4% beer is more than 180 calories

Four pints on a night out equates of two-and-a-half burgers or 73 minutes of running

In comparison a sugary doughnut comes in around 200 calories