



## Calories in Alcohol

Most of us don't think of alcohol as being high in calories. So, while we might avoid eating a dessert when out for a meal, we wouldn't think twice about drinking a couple of pints or glasses of wine.

With this in mind, it's easy to understand how alcohol intake can easily contribute to gaining weight. Cutting back on the amount you drink will help to reduce your calorie intake.

Two large glasses of white wine, totalling around 375kcal, will provide a woman with nearly a fifth of her daily calorie allowance.

Watch out for alcoholic punches they can be surprisingly high in alcohol and calories.

### Tips to avoid weight gain

- Stick to the guidelines on alcohol units. Men and women are advised not to regularly drink more than 14 units a week and if you drink as many as 14 units a week this should be spread out over 3 days or more.
- As a guide, a pint of lager and a 250ml glass of wine both contain around 3 units of alcohol.
- Alternate an alcoholic drink with a sugar free soft drink or water.
- Choose drinks with a lower ABV (alcohol by volume) instead of your usual tippie. There's an increasing range of lower alcohol choices available and most also have fewer calories.
- Don't drink on an empty stomach, as this can lead to snacking. If you do snack while drinking, avoid high-calorie snacks such as crisps and chips. Try lower calorie options such as pretzels, plain popcorn or oven-baked crisps.
- Drinking in rounds can mean you end up drinking more than you intended. When buying a round try buying yourself a sugar free soft drink or a lower-strength beer.
- Try cutting down on alcohol with a friend, as you'll be more likely to stick to it with moral support.

### How many calories in your tippie?

The calorie content of an alcoholic beverage depends on the type of alcohol, the volume served and the addition of mixers.

- A pint of 5% strength beer = 187kcal
- A standard glass (175ml) of 12% wine = 131 kcal
- A double measure (50ml) of 17% fortified wine = 58kcal
- A glass (50ml) of (17%) cream liqueur = 152 kcal
- A standard bottle (330ml) of 4% alcopop = 172kcal

Glass of white wine (5 oz) = Piece of bread	Pint of beer (16 oz) = Bag of popcorn	Pint of cider (16 oz) = Cheese pizza slice
Margarita (10 oz) = Plain bagel	Piña colada (10 oz) = French fries (4 oz)	Mojito (10 oz) = Potato chips (1.75 oz)



**It's not just alcohol, non-alcoholic drinks from lattes to colas can also lead your calorie count to creep up.**

What you drink should not be overlooked when trying to lose weight.

Food and drinks that are high in sugar are often high in calories and having too many calories can make you more likely to gain weight.

**So where could you make some swaps?**

### **Coffee**

If you're a latte or cappuccino drinker, go for skimmed or semi-skimmed milk. Choose the smallest portion size. In some high street coffee shops, the largest serve size may contain around 3 times the calories of the smallest.

Cut down on any sugar you add to your tea or coffee and avoid additions such as sugary syrups or creamy toppings in coffee-shop drinks. Research suggests that over time we can get used to far less sugar in our drinks.

### **Energy drinks**

Watch out for energy drinks – they can be really high in sugar. Just one large can contain as much as 14 cubes of sugar!

### **Fruit juice and smoothies:**

Although fruit juice and smoothies count towards your 5 A Day, these drinks are sugary. Limit juice, vegetable juice or smoothies to a combined total of 150ml a day. A smaller glass can really help!

### **Fizzy drinks:**

Lemonade or cola can provide 140kcal in just one can switch to sugar-free versions.