

# HOW MANY CALORIES ARE IN ALCOHOLIC DRINKS?

See how many calories are in a glass of wine, a pint of beer, alcopop and other alcoholic drinks with our handy infographic.

## ALCOHOL AND WEIGHT GAIN

Alcoholic drinks are made by fermenting and distilling natural starch and sugar. Being high in sugar means alcohol contains lots of calories. Calories from alcohol are known as 'empty calories', they have no nutritional value.

With a pint of beer containing the same amount of calories as a slice of cake, the calories in alcohol soon add up!



**CUTTING BACK ON THE AMOUNT YOU DRINK CAN SIGNIFICANTLY HELP TO REDUCE YOUR CALORIE INTAKE**

## FOOD COMPARISON FOR EACH ALCOHOLIC DRINK

DRINK	CALORIES	FOOD EQUIVALENT
 <b>1 STANDARD GLASS OF WINE</b> 175ml / 12%	131 KCAL	 <b>1 CHOCOLATE COVERED BISCUIT</b> 25g
 <b>1 PINT OF BEER</b> 570ml / 5%	187 KCAL	 <b>1 SLICE OF LOAF CAKE</b> 60g
 <b>1 GLASS OF CREAM LIQUEUR</b> 50ml / 17%	152 KCAL	 <b>1 STANDARD BAG OF CRISPS</b> 30g
 <b>1 STANDARD BOTTLE OF ALCOPOP</b> 330ml / 4%	172 KCAL	 <b>1 CHOCOLATE POT DESSERT</b> 80g
 <b>1 DOUBLE MEASURE OF FORTIFIED WINE (SHERRY)</b> 50ml / 17%	58 KCAL	 <b>1 JAM FILLED BISCUIT</b> 14g



## MEDICAL WARNING

Get medical advice before you stop drinking if you have physical withdrawal symptoms (like shaking, sweating or feeling anxious until you have your first drink of the day). It can be dangerous to stop drinking too quickly without proper support.