CALORIES IN ALCOHOL

Did you know that a pint of lager contains the same calories as a slice of chocolate cake?

Alcohol contains 7 calories per gram and these calories have no nutritional value. The calorie content increases with any mixers added to your drink, such as juice or sugary soft drinks. Alcohol can also make you feel hungry, as it lowers your blood sugar levels. It is recommended that men and women do not drink more than 14 units of alcohol per week and that it is best spread evenly across the week.

If you have diabetes treated with insulin, it is recommended not to drink on an empty stomach. Lower your calorie and alcohol intake by alternating with a low-calorie soft drink between alcoholic drinks.

<table>
<thead>
<tr>
<th>Red Wine (4% ABV)</th>
<th>Stir-fry (chicken &amp; noodles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Units</td>
<td>same calories as</td>
</tr>
<tr>
<td>1g Carbs 250ml, large glass 190 Cals</td>
<td>22g Carbs 140g 168 Cals</td>
</tr>
<tr>
<td>Lager (4% ABV)</td>
<td>Chocolate Cake</td>
</tr>
<tr>
<td>2 Units</td>
<td>same calories as</td>
</tr>
<tr>
<td>12g Carbs 568ml, pint 208 Cals</td>
<td>21g Carbs 40g 175 Cals</td>
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</tbody>
</table>
Lager (4% ABV)
- 568ml, pint
- 17g Carbs
- 170 Cals
- 2 Units

Mince Pie
- 42g
- 45g
- 158 Cals

Sweet White Wine
- 125ml, small glass
- 7g Carbs
- 188 Cals
- 1½ Units

Tiramisu
- 12g Carbs
- 45g
- 110 Cals

Vodka
- 568ml, pint
- 0g Carbs
- 56 Cals
- 1 Unit

Granary Bread
- 22g, thin slice
- 10g Carbs
- 52 Cals

Port
- 50ml
- 6g Carbs
- 79 Cals
- 1 Unit

Jam Ring
- 18g
- 13g Carbs
- 77 Cals
- 1½ Units
Champagne (1½ Units)
- 2g Carbs
- 125ml
- 95 Cals

Irish Cream (1 Unit)
- 11g Carbs
- 50ml
- 153 Cals

Cranberry Juice
- 38g Carbs
- 284ml, half pint
- 159 Cals

Cola
- 31g Carbs
- 284ml, half pint
- 116 Cals

Crisps
- 10g Carbs
- 18g
- 89 Cals

Vegetable Samosa
- 23g Carbs
- 75g
- 163 Cals

Sticky Toffee Pudding
- 24g Carbs
- 50g
- 173 Cals

Pizza (pepperoni, thin crust, oven baked)
- 12g Carbs
- 40g
- 115 Cals

Same calories as:
- Pizza (pepperoni, thin crust, oven baked)
- Sticky Toffee Pudding
- Vegetable Samosa
- Cranberry Juice
- Irish Cream
- Cola