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.

Red Wine (4% ABV)

<table>
<thead>
<tr>
<th>3 Units</th>
<th>1g Carbs</th>
<th>250ml, large glass</th>
<th>190 Cals</th>
</tr>
</thead>
</table>

Stir-fry (chicken & noodles)

<table>
<thead>
<tr>
<th>22g Carbs</th>
<th>140g</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Units</td>
<td>168 Cals</td>
</tr>
</tbody>
</table>

Lager (4% ABV)

| 2 Units | 12g Carbs | 568ml, pint | 208 Cals |

Chocolate Cake

<table>
<thead>
<tr>
<th>21g Carbs</th>
<th>40g</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Units</td>
<td>175 Cals</td>
</tr>
</tbody>
</table>

Did you know that a pint of lager contains the same calories as a slice of chocolate cake?
Lager (4% ABV)  
2 Units  
17g Carbs  
568ml, pint  
170 Cals

Mince Pie  
25g Carbs  
42g  
158 Cals

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

Tiramisu  
12g Carbs  
45g  
110 Cals

Vodka  
1 Unit  
0g Carbs  
25ml  
56 Cals

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

Port  
1 Unit  
6g Carbs  
50ml  
79 Cals

Jam Ring  
13g Carbs  
18g  
77 Cals

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Calories in Alcohol

Champagne
- 2g Carbs
- 125ml
- 95 Cals
- 1½ Units

Crisps
- 10g Carbs
- 18g
- 89 Cals

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

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

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

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

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

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

Same calories as:
- Pizza (pepperoni, thin crust, oven baked)