


Alcohol calorie calculator

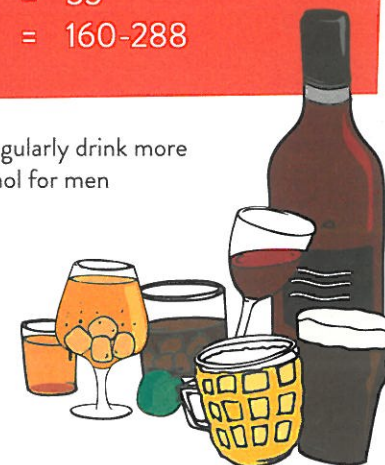
Day	What I drank	Number of calories
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total		

Alcohol

With a pint of bitter containing the same calories as a medium slice of pizza, and a standard size 'ready to drink' bottle 'alcopop' the same as 100 grams of cookies, the calories in alcohol soon add up...

Gin or vodka and tonic	= 126
Dark rum and coke	= 142
Medium glass of white wine (175ml)	= 130
Medium glass of red wine (175)	= 120
Bottle of wine (white)	= 555
Bottle of wine (red)	= 510
5% Lager (pint)	= 240-250
Cider (pint)	= 180-250
Bitter/Ale	= 180-230
Liqueur (50ml)	= 100-170
Brandy (50ml)	= 110
Whiskey (25ml)	= 55
Mixed drink 275ml bottle (ready to drink)	= 160-288

The government advises that people should not regularly drink more than the daily unit guidelines of 3-4 units of alcohol for men (a pint of 4% lager is 2.3 units) and 2-3 units of alcohol for women (175ml of 13% wine = 2.3 units). 'Regularly' means drinking every day or most days of the week. Drinking within these guidelines, and trying to give yourself a couple of days off alcohol every week, will help you avoid piling on the pounds and reduce other alcohol related problems.



Sourced from: <http://www.drinkaware.co.uk/facts/calories-in-alcohol>