

# Alcohol & Calories

Alcohol often contains a lot of calories! Calories from alcohol have no nutritional value and are much harder to burn off than calories from food.  
Can you match the alcoholic drink to its food equivalents?



Pint of 4% Lager



175ml Glass of 13% Wine



50ml of 40% Spirit



125ml of 12% Champagne



175ml of 4% Alcopop



An average glass of champagne is approx. 89 calories



An average pint of lager is approx. 180 calories



An average bottle of alcopop is approx. 170 calories



An average glass of wine is approx. 161 calories



An average double of a dark spirit is approx. 122 calories

