

# 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

