

# DID YOU KNOW?

## ALCOHOL MAY CONTRIBUTE TO WEIGHT GAIN

Drinking five pints of lager a week adds up to

**44,200** calories over a year



equivalent to eating **221** doughnuts



Drinking five glasses of wine a week adds up to

**59,280** calories over a year



equivalent to eating **260** Cornettos

## HOW MANY CALORIES ARE YOU DRINKING?



Large White Wine

4 Fish Fingers

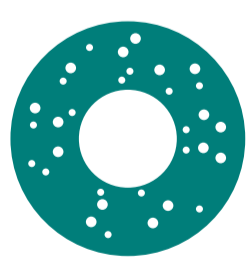


185 calories



Double Vodka Tonic

Doughnut

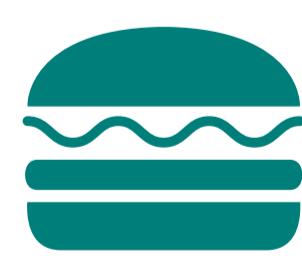


143 calories



Piña Colada

Big Mac Burger



644 calories



Alcopop

Slice of Pizza

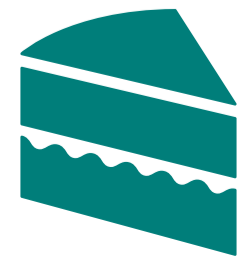


237 calories



Pint of Lager

Slice Chocolate Cake



180 calories



Glass of Prosecco

2 tsp Olive Oil



80 calories