

Healthy weight

Drinking less is good for your weight

Calorie values

Wine		
Large glass	250ml	170 kcal
Medium glass	175ml	118 kcal
Champagne	240ml	180 kcal
Beer & lager		
3.8% beer	Pint	182 kcal
3.8% lager	Pint	165 kcal
5% beer or lager	Pint	Up to 220 kcal
Guinness	Pint	170 kcal
Spirits		
Straight	25ml	55 kcal
With standard mixer		120 kcal

Note: These are typical values for popular drinks – as brewing methods differ between brands, then calorie values may differ by brand too even if their strength is the same. Generally speaking the stronger the drink (ABV value) the more calories it contains, as more sugar has been used in the brewing process.

The recommended weekly allowance for alcohol is 14 units per week for women and 21 units per week for men. A pint of 5% lager contains 2.8 units and a large glass of 12% wine 3.0 units – that means 7 drinks for men and 4.5 drinks for women (drinking drinks of this strength and size)!

So drinking at the recommended weekly allowance is equivalent to:

- For Men (7 drinks) – an extra 1,540 to 1,750 calories per week
- For Women (4.5 drinks) – an extra 990 to 1,125 calories per week

To put on one pound of weight you need to consume 3,500 more calories than your body needs. So this level of drinking equates to a weight gain of:

- 1.5 stones for men per year
- 1 stone for women per year

So if you want to lose weight, a really simple way is to cut down on the alcohol.



Did you know?

- Young men drink twice what their grandfathers drank 50 years ago.
- 35% of men aged 16 to 24 say they drink more than eight units, at least one day a week, compared to 18% of those aged 45-64.
- Almost half (44%) of 30-50 year olds admit that they haven't learnt to stick to their limits when it comes to alcohol.
- One in three (33%) of 30-50 year olds say that on at least one occasion in the last year, drinking too much alcohol has ruined a good time for them.