

how many **CALORIES** are in alcoholic drinks?

Let's compare 3 alcoholic beverages (an amount you might consume during a single sitting) to its equivalent amount of sliced white bread.

Low alcohol beer (with 1% alcohol)

3 x 330ml bottles:
around 115kcal



**ADDS
1.7**

SLICES OF
WHITE BREAD
TO YOUR DAY

Lower carb beer

3 x 330ml bottles:
around 308kcal



**ADDS
4.4**

SLICES OF
WHITE BREAD
TO YOUR DAY

Regular draught beer

3 x 330ml bottles:
around 330kcal



**ADDS
4.8**

SLICES OF
WHITE BREAD
TO YOUR DAY

Lager

3 x 330ml bottles:
around 359kcal



**ADDS
5.2**

SLICES OF
WHITE BREAD
TO YOUR DAY

Dark ale

3 x 330ml bottles:
around 430kcal



**ADDS
6.2**

SLICES OF
WHITE BREAD
TO YOUR DAY

Cider

3 x 330ml bottles:
around 466kcal



**ADDS
6.7**

SLICES OF
WHITE BREAD
TO YOUR DAY

Red wine

3 x 180ml glasses:
around 466kcal



**ADDS
6.7**

SLICES OF
WHITE BREAD
TO YOUR DAY

White wine

3 x 180ml glasses:
around 466kcal



**ADDS
6.7**

SLICES OF
WHITE BREAD
TO YOUR DAY

Double gin & tonic

3 x 200ml glasses:
around 526kcal



**ADDS
7.7**

SLICES OF
WHITE BREAD
TO YOUR DAY