

Make it a large one?

Drinking too much alcohol isn't good for lots of health reasons, one problem is that drinking too much can lead to weight gain.

Alcohol is high in calories.

Alcoholic drinks are full of 'empty' calories: they contain lots of calories but hardly any vitamins, minerals or other essential nutrients. Alcohol contains 7 calories per gram (almost twice as much as carbohydrates or protein) and so can lead to weight gain. The high sugar content found in many alcoholic drinks and mixers can add even more calories.

Alcohol makes you eat more!

Alcohol doesn't make us feel full, so the calories we get from alcohol tend to be in addition to our daily intake. Alcohol stimulates our appetites, but reduces our self control, making it easy to make unhealthy food choices, often late at night and the next day!

In fact, the average person has a **Tipping Point** of just 9 units of alcohol, after which they will go on to consume an additional 6000 calories over 24 hours! Doing this just once a fortnight could lead to a gain of 1.5 stones in a year.

Eating's not Cheating!

Missing meals in order to drink more can be very dangerous as drinking on an empty stomach can increase the effect of alcohol and make alcohol related damage even worse.

In the long term, misuse of alcohol can damage your liver and make it harder for your body to get the nutrients it needs from your food.

Healthy Eating Advice

Your body's ideal number of calories a day depends on many factors: age, sex, size, activity. As a guide:

Men need 2500 calories per day.

Women need 2000 calories per day.

If you don't burn off the calories you put in then you gain weight, simple! Calories should be from a healthy balanced diet. For healthy eating advice go to: www.takelifeon.co.uk

Sensible Drinking Advice

Alcohol is a powerful drug and regularly drinking too much can cause significant harmful effects on your physical and mental health.

It is recommended that both men and women should drink no more than 14 units of alcohol per week in order to keep health risks from alcohol to a low level. These 14 units should be spread out evenly over 3 or more days. It is best to avoid alcohol when you are trying for a baby and when you are pregnant. No alcohol, No risk.

The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis.

If you wish to cut down the amount you drink, a good way to help achieve this is to have several drink free days each week. For more information and advice about alcohol go to:

www.glasgowcouncilonalcohol.org

www.alcohol-focus-scotland.org.uk

GCA FreePhone Helpline: 0808 802 9000

weight! for it

A wee nibble?

322 kcal

Another drink? go on then...

210 kcal

One more for the road:

162 kcal

Well since you're walking past the chippy... Chips 'n cheese please!

468 kcal

Total extra calories:

1372 kcal

* in addition to your daily intake

Did you know?



Calories

123 Alcohol Units

Hints & Tips

| Drink | Calories | Alcohol Units |
|---|--------------------------|--------------------------|
| Wine (13.5%) - 125ml glass - 175ml glass - 250ml glass - 1 bottle | 96 134 191 630 | 1.7 2.4 3.4 10 |
| Cider (4.5%) pint Litre bottle (strong - 7.5%) | 270 460 | 2.5 7.5 |
| Lager (4%) pint Strong Lager (5%) pint Stout (4%) pint Bottle of beer (4%) 330ml | 193 242 210 110 | 2.3 2.8 2.3 1.3 |
| Tonic Wine (75cl bottle) | 1080 | 11.3 |
| Alcopop (275ml) | 200 | 1.5 |
| Spirits (25ml) 1/4 bottle Vodka (175ml) 1/2 bottle Vodka (350ml) | 55 385 770 | 1 7 14 |
| Shots (25ml) Cream liqueur (50ml) | 55-100 162 | 1 1 |
| Soft drinks (330ml can) | 142 | 0 |

By making it a large one you double your units and your calorie intake! In fact it is the same extra calories as a chocolate biscuit to size up! Stick to a smaller glass or try a spritzer with soda water instead.

A litre bottle of cider contains as many calories as a double cheese burger and you would need to do 1 hour of aerobics to burn it off. Remember as the strength of the cider increases so does the alcohol units and calories.

By switching to regular strength lager, instead of stronger lager you could cut down on half a stone of extra calories a year, and help keep within the sensible drinking limits.

If you had this on top of your daily calorie allowance once a week for a year you could gain over a stone in extra weight!

How many do you drink? You would need to swim for 25 minutes to burn each one off.

Stick to singles and half your calories and units, and remember that mixers can add calories too!! Make a long drink with lots of ice and a low calorie mixer to keep your units and calories down. Watch out for home measures which tend to be larger.

These can have double the calories of spirits due to the high sugar content. As you tend to drink these quickly it's likely that you will drink more too!

A can of soft drink can have the same calories as a doughnut, stick to low calorie mixers instead.

Calculating alcohol units:
 Multiply the volume of the drink by % ABV, then divide by 1000. So to work out how many alcohol units are in a 175ml glass of wine at 13% ABV: $175 \times 13 = 2,275. /1000 = 2.275$ (2.3 units)
 *all calories and units are approximate and should only be used as a guide



123

Small changes can make a **BIG** difference on your health and waistline

