

# CALORIES IN DRINKS



— BE —  
PORTION  
SIZE  
— WISE —

YOU MIGHT CHECK HOW MANY CALORIES ARE IN YOUR FOOD BUT WHAT ABOUT THE ONES YOU'RE DRINKING? TAKE A LOOK AT SOME OF YOUR FAVOURITE THIRST QUENCHERS BELOW. YOU MIGHT BE SURPRISED...

## ALCOHOLIC

THE  
SAME  
AS...

## NON-ALCOHOLIC

THE  
SAME  
AS...



175ML  
RED OR WHITE  
WINE

APPROX

130 Kcal



REGULAR  
LATTE WITH  
WHOLE MILK

APPROX

170 Kcal



(5% ABV)  
1 PINT STRONG  
LAGER/BITTER

APPROX

227 Kcal



REGULAR  
HOT CHOCOLATE  
NO WHIPPED CREAM

APPROX

165 Kcal



(4% ABV)  
1 PINT STANDARD  
LAGER/BITTER

APPROX

193 Kcal



200ML  
FIZZY COLA

APPROX

82 Kcal



(5.3% ABV)  
1 PINT REGULAR  
CIDER

APPROX

244 Kcal



(1 SUGAR)  
TEA  
SEMI SKIMMED MILK

APPROX

44 Kcal



200ML  
MARGARITA  
COCKTAIL

APPROX

435 Kcal



150ML  
ORANGE  
JUICE

APPROX

70 Kcal



All calorie comparisons are approximate figures