

# CALORIES IN DRINKS

Live Life  
**BETTER**  
DERBYSHIRE

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