

# 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



TWO BOURBON BISCUITS



REGULAR  
LATTE WITH  
WHOLE MILK

APPROX

170 Kcal



1/2 A TIN OF BAKED BEANS



(5% ABV)  
1 PINT STRONG  
LAGER/BITTER

APPROX

227 Kcal



TWO CHOCOLATE MINI SWISS ROLLS



REGULAR  
HOT CHOCOLATE  
NO WHIPPED CREAM

APPROX

165 Kcal



1/2 A TAKEAWAY SAUSAGE ROLL



(4% ABV)  
1 PINT STANDARD  
LAGER/BITTER

APPROX

193 Kcal



ONE MINI PORK PIE



200ML  
FIZZY COLA

APPROX

82 Kcal



FOUR BRAZIL NUTS



(5.3% ABV)  
1 PINT REGULAR  
CIDER

APPROX

244 Kcal



ONE EGG CUSTARD



(1 SUGAR)  
TEA  
SEMI SKIMMED MILK

APPROX

44 Kcal



ONE GINGER NUT BISCUIT



200ML  
MARGARITA  
COCKTAIL

APPROX

435 Kcal



ONE BEEF & ONION PIE



150ML  
ORANGE  
JUICE

APPROX

70 Kcal



THREE CHOCOLATE FINGERS



All calorie comparisons are approximate figures