

CUT BACK ON ALCOHOL

It's easy to forget that we take in energy (kilojoules) through drinks as well as food. You can drink a lot of kilojoules without realising it. Alcoholic drinks such as beer, wine and spirits contain a large amount of energy (kJ) as well as sugar. We should limit these for good health and to maintain a healthy weight.

Alcohol does not provide our bodies with any extra nutrients. In fact, drinking alcohol can increase the amount of vitamins and minerals our bodies need.

If you choose to drink, aim for no more than two standard alcoholic drinks on any day. More than this increases your lifetime risk of harm from alcohol-related disease or injury (such as stroke, some cancers, heart disease).

Are 'low carb beers and wines' a better choice?

Alcohol itself contains a lot of energy (kJ). To drink less energy, choose a beverage with lower alcohol content such as a light or mid-strength beer, or replace alcoholic drinks with water.

If we were to have one of these drinks each day for a year, the potential equivalent weight gain in one year would be:

375ml full strength beer



150ml glass of wine (red/white)



375ml pre-mixed alcoholic soft drinks



How much energy is in alcoholic beverages?



1.5 Choc Biscuits

=



Full-strength beer
(approx. 5% alcohol)
= 1.4 standard drinks
= 580kJ

0.5 Choc Biscuit



=



30ml Nip Spirits
= 1 standard drink
= 260kJ



1 Choc Biscuit

=



Low-strength beer
(approx. 2.1% alcohol)
= 0.8 standard drink
= 400kJ

Low-carb beer
(approx. 5% alcohol)
= 1.4 standard drinks
= 450kJ



150ml Wine
(approx. 13.5% alcohol)
= 1.5 standard drinks
= 430kJ



Vodka and Cola

375ml Can of pre-mixed spirits
(approx. 13.5% alcohol)
= 1.5 standard drinks
= 989kJ



Eating snack foods and mixing with other drinks will add even more to your overall kilojoule intake such as soft drinks and juices (ie. mixers) and snack foods; potato chips and pastries.