



Carbs & Cals



FREE APP
iPhone & Android

✓ Type 2 Diabetes

✓ Weight Loss

CALORIES IN ALCOHOL

Did you know that a pint of lager contains the same calories as a slice of chocolate cake?

Alcohol contains **7 calories** per gram and these calories have no nutritional value. The calorie content increases with any mixers added to your drink, such as juice or sugary soft drinks. Alcohol can also make you feel hungry, as it lowers your blood sugar levels. It is recommended that men and women do not drink more than **14 units** of alcohol per week, spreading these evenly across the week with at least 2 alcohol-free days per week.

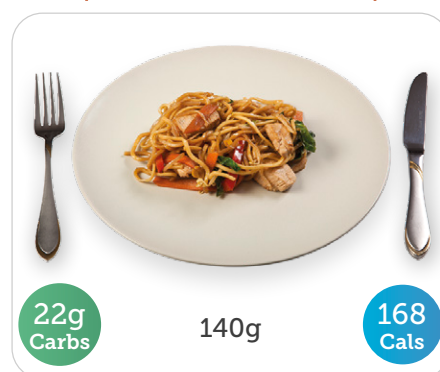
If you have diabetes treated with insulin, it is recommended not to drink on an empty stomach. Lower your calorie and alcohol intake by alternating with a low-calorie soft drink between alcoholic drinks.

Red Wine (13% ABV)

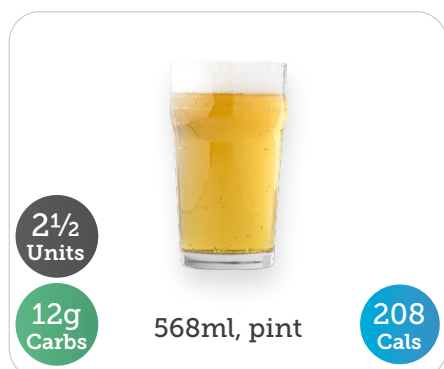


same
— calories —>

Stir-fry (chicken & noodles)

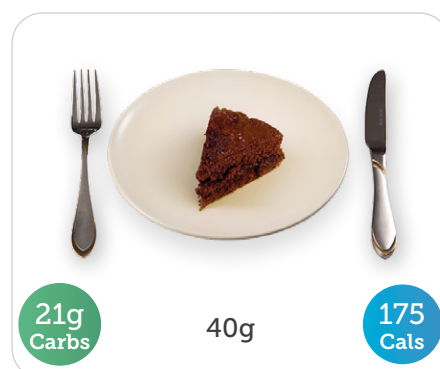


Lager (4% ABV)



same
— calories —>

Chocolate Cake



Ale (4% ABV)



2½ Units


17g Carbs

568ml, pint

204 Cals

same
— calories —
as →

Mince Pie



25g Carbs

42g

158 Cals

Sweet White Wine (13% ABV)



1½ Units


7g Carbs

125ml, small glass

118 Cals

same
— calories —
as →

Tiramisu




12g Carbs

45g

110 Cals

Vodka



1 Units


0g Carbs

25ml

56 Cals

same
— calories —
as →

Granary Bread




10g Carbs

22g, thin slice

52 Cals

Port



1 Units


6g Carbs

50ml

79 Cals

same
— calories —
as →

Jam Ring



13g Carbs

18g

77 Cals

Champagne

1½ Units

2g Carbs

125ml

95 Cals

same
— calories —
as →

Crisps

10g Carbs

18g

89 Cals

Irish Cream

1 Unit

11g Carbs

50ml

153 Cals

same
— calories —
as →

Vegetable Samosa

23g Carbs

75g

163 Cals

Cranberry Juice

38g Carbs

284ml, half pint

159 Cals

same
— calories —
as →

Sticky Toffee Pudding

24g Carbs

50g

173 Cals

Cola

31g Carbs

284ml, half pint

116 Cals

same
— calories —
as →

Pizza (pepperoni, thin crust, oven baked)

12g Carbs

40g

115 Cals