



Alcohol and Calories

Empty calories

Alcohol contains little or no nutritional value. Alcohol contains around 7 calories per gram and it can be very easy to consume a lot of calories quickly. Most people either reduce carbohydrates or fats from their diet when trying to lose weight. Reducing alcohol may be an easier solution.

Alcohol wins over fat

When consuming alcohol your liver sees alcohol as a toxin and prioritises its removal over fat metabolism. Excess fat is then stored within the body which over time will lead to weight gain.

Check the ABV

The alcoholic content in similar types of drinks can vary a lot. The higher the alcohol by volume (ABV), the higher the alcohol content and typically the higher the calorie count. Swapping a standard glass of red wine with an ABV 14%, for the same size glass of red wine with an ABV 12%, will save both calories and units.

Smart swaps

More manufacturers are producing low or zero calorie versions of their products. Typically, these contain far fewer calories than their standard product. You could also try alternating alcoholic drinks with soft drinks or water as this will help to maintain hydration levels.

Manage your measures

It's very easy to drink more than you planned, particularly at home. Think about swapping to bottles rather than pints and invest in a smaller wine glass. Whilst stronger in alcohol spirits typically contain far fewer calories than beer and wine.