

how many **KILOJOULES** are in alcoholic drinks?

We compare three alcoholic beverages (an amount you might consume during a night out) to its equivalent amount of sliced white bread.

An 'average' person needs around 8700kJ each day (see page 111 for details), and excess kilojoules are stored as fat. It's surprising how many kilojoules alcohol can add to your daily energy intake. These kilojoules are often called 'empty kilojoules' as they hold no nutritional value.

Low alcohol beer (with 1% alcohol)

3 x 330ml bottles: around 480kJ



ADDS 1.7
SLICES OF WHITE BREAD TO YOUR DAY

Lower carb beer

3 x 330ml bottles: around 1290kJ



ADDS 4.4
SLICES OF WHITE BREAD TO YOUR DAY

Regular draught beer

3 x 330ml bottles: around 1380kJ



ADDS 4.8
SLICES OF WHITE BREAD TO YOUR DAY

Lager

3 x 330ml bottles: around 1500kJ



ADDS 5.2
SLICES OF WHITE BREAD TO YOUR DAY

Double gin & diet tonic

3 x 200ml glasses: around 1590kJ



ADDS 5.5
SLICES OF WHITE BREAD TO YOUR DAY

Dark ale

3 x 330ml bottles: around 1800kJ



ADDS 6.2
SLICES OF WHITE BREAD TO YOUR DAY

Red wine

3 x 180ml glasses: around 1950kJ



ADDS 6.7
SLICES OF WHITE BREAD TO YOUR DAY

White wine

3 x 180ml glasses: around 1950kJ



ADDS 6.7
SLICES OF WHITE BREAD TO YOUR DAY

Cider

3 x 330ml bottles: around 1950kJ



ADDS 6.7
SLICES OF WHITE BREAD TO YOUR DAY

Double gin & standard tonic

3 x 200ml glasses: around 2200kJ



ADDS 7.7
SLICES OF WHITE BREAD TO YOUR DAY

Words: Rose Carr (MSc)

hfg