



WHAT'S IN YOUR DRINK?

Boozing isn't just bad for your health, its bad for your image too!



DRINK	SIZE	STRENGTH	UNITS	CALORIE	EQUIVALENT FOOD	EXERCISE REQUIRED
BITTER	PINT	4%	2.27	199	THREE RASHERS OF BACON	20 MINUTES RUNNING
LAGER	440ML BOTTLE	5%	2.20	189	FOUR JAFFA CAKES	1 HOUR PLAYING POOL
	PINT	5%	2.84	244	A 150g SERVING OF CHICKEN TIKKA	55 MINUTES DANCING
CIDER	PINT	6%	3.41	256	A 60g DANISH PASTRY	40 MINUTES JOGGING
ALCOPOP	275ML BOTTLE	5.5%	1.51	187	A PACK OF 35g CRISPS	25 MINUTES SWIMMING
WHITE WINE	250ML GLASS	12%	3.00	185	A PACK OF 37g MALTESERS	30 MINUTES CYCLING
RED WINE	250ML GLASS	12%	3.00	170	A 66g SLICE OF PIZZA	1 HOUR CLEANING WINDOWS
VODKA	50ML DOUBLE	40%	2.00	111	TWO 20g YORKSHIRE PUDDINGS	1 HOUR 15 MINUTES IRONING