

THINK before you drink



Lighten Up **SA**
CHANGING THE SHAPE OF OUR STATE

Alcoholic drinks are high in calories and even a few drinks on a night out can add up to quite a lot of calories (an average woman needs about 2,000 per day and a man about 2,500*). Consuming more calories than your body needs leads to **weight gain** - a risk factor for **diabetes**.

To burn off the calories from:

You need to walk briskly for:



Small glass of wine
(150ml, 13% ABV**)
106 calories



26 mins



Large glass of wine
(250ml, 13% ABV)
178 calories



37 mins



Beer
(425ml, 5% ABV)
187 calories



40 mins



Vodka & cola
(25ml vodka, 40% ABV, 150ml cola)
117 calories



25 mins



Alcopop eg. Vodka Cruisers
(275ml, 5% ABV)
170 calories



36 mins



Cream Liqueur eg. Baileys
(50ml, 15% ABV)
175 calories



37 mins

Values calculated for calories burned per minute for a 65kg adult.

* Dependent on age, sex and physical activity levels. Speak to your health professional for more information.

** Alcohol By Volume. This indicates the strength of the alcoholic drink - the higher the percentage, the stronger the drink.

For diabetes prevention, Diabetes SA does not recommend alcohol consumption. If consumed at all, limit alcohol to less than two drinks a day for men and one for women.

