

# PULLING OUR WEIGHT TOGETHER

## ARE YOU POURING ON THE POUNDS?

HOW MANY OF US TAKE NOTICE OF HOW WHAT WE DRINK IMPACTS ON OUR WAISTLINE?

**Which has more calories?**



or

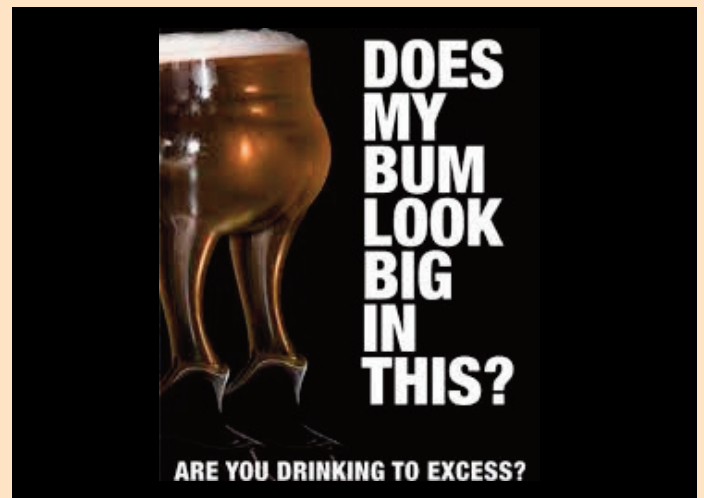


**Answer:** they are the same, as both have high sugar content

Regularly drinking, whether small amounts every day or large amounts a couple of times a week, adds a lot to our calorie intake and can make it harder to lose weight.

Why? Because alcoholic drinks are high in calories as well as high in sugar.

Have a look at '[Alcohol calories too often ignored](#)'



Which has the most calories Beer, Red Wine or a Doughnut? Have a look at this video [here](#)



IF WE WANT TO BURN OFF ONE PINT OF LAGER WE NEED TO:

Cycle for 15 minutes

Or

Swim for 20 minutes



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

# ACTION FOR INDIVIDUALS

Keep an eye on drinking habits

drinks  
tracker



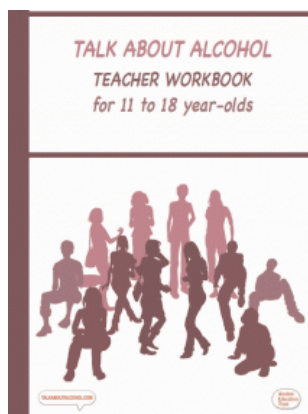
KEEP AN EYE ON DRINKING HABITS BY USING A SIMPLE TOOL.

Try the *'Change for Life drinks tracker'*

**Try to cut down, or switch to lower alcohol content drinks.** Have a look at *'Alcohol and Sugar'*

# ACTION FOR SCHOOLS

Provide alcohol awareness education



DEVELOP AN APPROACH FOR TEACHING CHILDREN ABOUT ALCOHOL.

Useful resources to help are available from the *Alcohol Education Trust*

# ACTION FOR EMPLOYERS

Encourage staff to be aware of their drinking habits



**DRY JANUARY**

PROMOTE ALCOHOL AWARENESS CAMPAIGNS.

Information on *'Dry January'* is available. Include links to helpful websites on company website. Have a look at *'Choose less booze'*

# ACTION FOR WELSH GOVERNMENT

Back the MEPs call for mandatory calorie labelling

Serving Facts	
Serving Size	5 fl. oz. (148 mL)
Servings per Container	5
Amount Per Serving	
Alcohol by volume	12%
fl. oz. of alcohol	0.6
Calories	112
Carbohydrate	0.6g
Fat	0g
Protein	0g

GOVERNMENT WARNING: (1) ACCORDING TO THE SURGEON GENERAL, WOMEN SHOULD NOT DRINK ALCOHOLIC BEVERAGES DURING PREGNANCY BECAUSE OF THE RISK OF BIRTH DEFECTS. (2) CONSUMPTION OF ALCOHOLIC BEVERAGES IMPAIRS YOUR ABILITY TO DRIVE A CAR OR OPERATE MACHINERY, AND MAY CAUSE HEALTH PROBLEMS.

750 mL PLEASE RECYCLE Drink Responsibly [www.DRINKIQ.com](http://www.DRINKIQ.com)

1A 5g, ME, VT 15g

IMPORTED AND BOTTLED FOR BLOSSOM HILL WINERY, SONOMA, CALIFORNIA, USA.

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EUROPEAN PARLIAMENT VOTED IN APRIL TO HAVE CALORIE INFORMATION ADDED TO ALCOHOLIC DRINKS LABELLING.

Check out *'MEPs add to alcohol calorie labelling calls'*