

# Calories and Units Information sheet



Date.....

Client's name.....

Worker's name.....

Comments.....

### Recommended daily calorie intake

To stay healthy, it's recommended men should consume 2,500 calories a day and women should consume 2,000 calories.

### Recommended daily unit limit

- Men are advised to drink no more than 3-4 alcohol units a day
- Women are advised to drink no more than 2-3 alcohol units per day
- There should be two alcohol-free days a week

The number of calories and units for certain alcoholic drinks are given overleaf.

<b>Ale/Stout - Per pint</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	193	2.27
Boddingtons	182	2.33
Caffrey's	210	2.39
Guinness draft	210	2.33
John Smith's	191	2.27
Old Speckled Hen	233	2.56
Tetley's Bitter	182	2.16
Worthington	176	2.04

<b>Red wine - Per 175ml glass</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
10%	119	1.75
11%	119	1.92
13%	119	2.28
14%	119	2.45

<b>White wine - Per 175ml glass</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
10%	130	1.75
12%	130	2.10
13%	130	2.28
14.5%	130	2.54

<b>Champagne - Per 175ml glass</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	133	2.10

<b>Cider - Per litre</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	440	5.00
Strongbow	430	4.50
Frost Jack	480	7.50
Gaymers	440	5.50

<b>Dark spirits – Per 50ml</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	111	2.00
Bells	111	2.00
Famous Grouse	111	2.00

<b>Lager - Per pint</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	244	2.84
Beck's	244	2.84
Budweiser	244	2.84
Carling	193	2.33
Carlsberg	193	2.16
Foster's	193	2.27
Grolsch	244	2.84
Heineken	244	2.84
Kronenberg	244	2.84
Stella Artois	193	2.27

<b>Liqueurs - Per 50ml</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Baileys	175	0.85
Cointreau	170	2.00
Malibu	100	1.05
Pimms	123	1.25
Southern Comfort	104	1.85
Tia Maria	131	1.33

<b>Alco-pops - Per bottle</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	525	3.75
Archers	563	3.75
Red Square	563	3.83
Reef	548	3.75
Smirnoff Ice	510	4.13
VK	510	3.00
WKD	511	3.15
Bacardi Breezer	540	3.00

<b>Light spirits - Per 50ml</b>		
<b>Name</b>	<b>Calories</b>	<b>Units</b>
Average	104	1.88
Absolut	111	2.00
Archers Schnapps	130	1.15
Bacardi	104	1.88
Bombay	111	2.00
Gordon's Gin	104	1.88
Smirnoff Red	104	1.88