



What are the calories in your favourite tippie?
Take a look at this chart
- and find out how much it takes to burn it off!

	Cals	Burn it off
Large Glass of Red Wine 250ml	192	58 min walk
Glass of White Wine 250ml	180	30 min bicep curls
Bottle of Rose 750ml	516	1hr climbing stairs
Glass of Champagne 125ml	89	9 mins boxing
Pint of Stella Artois/Lager	227	18 mins skipping
Pint of Magners/Cider	239	30 min circuit training
Single London Dry Gin (25ml) & Fever Tree Rhubarb & Raspberry Tonic (500ml)	144	420 lunges
Single Vodka (25ml) & Schweppes Lemonade (150ml)	85	170 Press-ups
Captain Morgan Original Spiced Rum (25ml) & Coca-Cola (150ml)	112	1hr dancing
Mojito – Juice of 1 Lime, 1tsp Sugar, 60ml White Rum, Soda & mint leaves	158	23 mins cycling
Pina Colada (120ml pineapple juice, 60ml white rum & 60ml coconut cream)	314	90 mins yoga
Bailey's Irish Cream (50ml)	155	30 mins Swimming

Fever Tree Light/Original Indian Tonic Water (500ml) – 75/140 cals

**You can find useful information regarding recommended Alcohol units
at www.drinkaware.co.uk**

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