



ALCOHOL AWARENESS AND THE NUTRITIONAL COMPOSITION



A pint of Budweiser (2.8 units) contains around 239kcal



A glass of white wine (175ml = 2.1 units) contains 133kcal



A gin and tonic (25ml of gin = 0.9 units) = 97kcal.

Impact of Alcohol on Health...

- High blood pressure
- Cirrhosis of the liver
- Cancers (e.g. liver, mouth, colon)
- Poor mental health
- Obesity



A study found that **36%** of participants had an increased alcohol use as a result of the first UK national lockdown (Sallie, Ritou, Bowden-Jones, & Voon, 2020).

A study found **65.7%** of students involved were not aware of the calorie content within the alcoholic drinks they were consuming (Lloyd-Richardson, Lucero, DiBello, Jacobson & Wing, 2008).

For more help and support visit:

www.drinkaware.co.uk

www.nhs.uk/live-well/alcohol-support/

References:

Lloyd-Richardson, E. E., Lucero, M. L., DiBello, J. R., Jacobson, A. E., & Wing, R. R. (2008). The relationship between alcohol use, eating habits and weight change in college freshmen. *Eating behaviors*, 9(4), 504-508. <https://doi.org/10.1016/j.eatbeh.2008.06.005>

Sallie, S. N., Ritou, V., Bowden-Jones, H., & Voon, V. (2020). Assessing international alcohol consumption patterns during isolation from the COVID-19 pandemic using an online survey: highlighting negative emotionality mechanisms. *BMJ open*, 10(11), e044276. <http://dx.doi.org/10.1136/bmjopen-2020-044276>