

Drink smart and keep the calories at bay

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How much is your drink worth?

 Champagne (150ml)	97 kcal	=	 1 slice of fried luncheon meat	→	 22 min walking
 Regular beer (355ml)	153 kcal	=	 1 handful of deep-fried mixed nuts	→	 16 min swimming
 Red wine (145ml)	125 kcal	=	 11 potato chips	→	 35 min strength training
 Margarita (120ml)	168 kcal	=	 5.5 butter cookies	→	 32 min dancing
 Pina colada (207ml)	381 kcal	=	 1 slice of pepperoni pizza + 4 sticks of chicken satay, without sauce	→	 34 min cycling
 Rum and cola (235ml)	185 kcal	=	 1 fried chicken drumstick	→	 16 min running
 Vodka and tonic (207ml)	189 kcal	=	 2 pineapple tarts	→	 27 min rollerblading
 Whiskey sour (89ml)	125 kcal	=	 7 love letters (kuih kapit)	→	 15 min aerobics

Tips for a healthier waistline

- Eat first.** Have a balanced meal to avoid drinking on an empty stomach.
- Sip smart.** Alternate drinks with water and avoid salty snacks.
- Choose light.** Opt for low-calorie options like light beer or zero-alcohol cocktails.
- Stay active.** Dance or move to burn off extra calories.
- Know your limits.** Stick to one drink for women, two for men.

Sources: Omni Calculator Calories Burned Calculator, Health Promotion Board Energy & Nutrient Composition of Food
Visuals are for illustration purposes only.

