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THE FIT FACTOR

LIFESTYLE CHANGE

Having one **LARGE** glass of wine a day over the year accumulates to around 110,000 calories which is around 30lbs of fat, therefore being mindful not only with alcohol but also with your food choices can have a significant positive effect on your wellbeing.

FITNESS TIP

Try to maintain your fitness through December, it's too easy to have the mindset of leaving it until January. Look to prioritise consistency over intensity to stay active during the Christmas period, therefore giving you a smoother transition into your 2024 fitness goals.

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THE festive period is a fantastic time of celebration which is often coupled with over-indulgence. Many traditional holiday beverages, such as wine, beer, prosecco, cider, Baileys, cocktails, lager, and brandy can significantly contribute to the overall calorie count. Additionally, some of these drinks can be high in sugar, further affecting health considerations.

Understanding both the calorie and sugar content of these drinks is vital for those of you who are conscious of their health and wellness, especially during this party period. Here are some popular alcoholic drinks and their approximate calorie content:

Wine

A standard glass of red or white wine contains around 120-130 calories. Sweeter wines may have slightly more, and they can also be higher in sugar.

Beer

A regular pint of beer typically ranges from 150 to 200 calories. Light beers usually have fewer calories,

ranging from 90 to 120 calories per pint. Some beers, especially those labelled as light, may contain lower sugar levels.

Prosecco

A glass of prosecco contains approximately 120 calories. It's important to note that prosecco tends to have more calories than standard white wine, and it may also be higher in sugar.

Cider

A pint of hard cider can range from 150 to 210 calories, depending on the brand and sweetness. Ciders, especially sweet and flavoured varieties, can be high in sugar.

Baileys

A single measure of Baileys Irish

Consistency is more important than perfection

Motivational quote of the day

Cream can contribute around 140 calories to your daily intake. Additionally, it contains sugar, contributing to its sweet flavour.

Cocktails

THE calorie and sugar content of cocktails can vary widely depending on the ingredients. Creamy or sugary cocktails can be particularly high in both, easily reaching 200-300 calories or more per drink.

Lager

A pint of lager typically contains around 150-200 calories, similar to regular beer. Lighter lagers may have lower sugar content.

Brandy

A single measure of brandy adds approximately 100 calories to your diet. Brandy itself is not high in sugar.

Here are examples of healthier alternatives:

■ **Light Beer:** Opt for light beers with fewer calories and lower sugar content.

■ **Dry Wine:** Choose dry wines,



► Watch out for those calorific cocktails

such as Sauvignon Blanc or Cabernet Sauvignon, which generally have lower sugar content.

■ **Sparkling Water with a twist:** Make a refreshing mocktail with sparkling water, a splash of 100% fruit juice, and a wedge of citrus fruit, avoiding added sugars.

■ **Low Calorie Cocktails:** Experiment with lower-calorie cocktail recipes using fresh fruits, herbs and light mixers, while being mindful of sugar content.

■ **Mulled Wine with less sugar:**

Prepare mulled wine with less added sugar to reduce both calorie and sugar intake.

Ultimately, moderation is key. Enjoy your favorite festive drinks but be mindful of pint or glass sizes, and consider alternating alcoholic drinks with water to stay hydrated. This approach can help manage both your calorie and sugar intake during the Christmas season.

Of course it's also about moderation throughout the year both for your health and waistline.