

# Alcohol

We all seem to drink too much these days, so if we have to, here are the best and the worst.

## **Best:**

Single measure spirits with low calorie mixer. Dry or Red Wine

Normal strength lager or bitter

Small Spritzers

Shandy made with low calorie lemonade

Fruit Juice Mixers

And now the **bad** ones

Sweet Wine

Alcopops – they are packed with sugar and at around 180 Kcals per bottle.

Sugary Mixers

Cocktails containing sugar or cream

Baileys or any cream based spirits

Syrup spirits and liqueurs

REMEMBER NOT TOO MUCH