

ALCOHOL AND CALORIES

How many calories are Canadians getting via booze?

THE AVERAGE CANADIAN DRINKER CONSUMES 250 CALORIES PER DAY IN THE FORM OF ALCOHOL, OR

11%

OF OUR RECOMMENDED DAILY CALORIE INTAKE.



THAT'S LIKE EATING AN EXTRA BAG OF CHIPS EVERY DAY.



THAT'S MORE CALORIES THAN A DOUBLE CHEESEBURGER.

WHEN WE BINGE DRINK, WE CONSUME CLOSER TO 550 CALORIES PER OCCASION IN THE FORM OF ALCOHOL, OR

25%

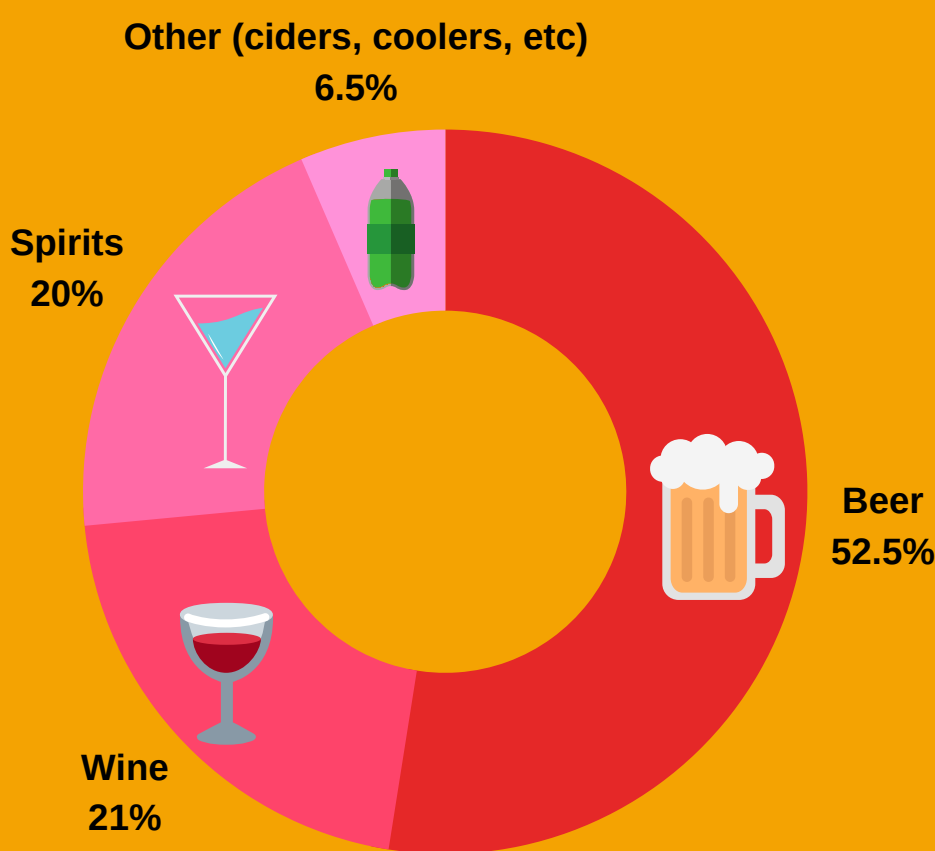
OF OUR RECOMMENDED DAILY CALORIE INTAKE.

WHAT ARE PEOPLE DRINKING?

MORE THAN HALF OF THE OFFENDING CALORIES CAME FROM



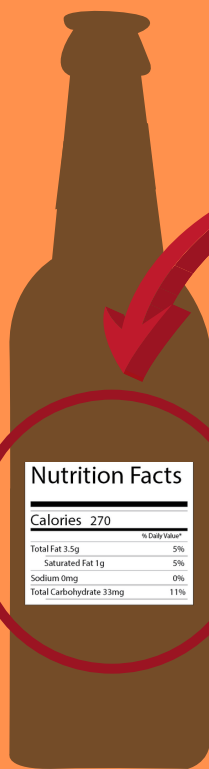
BEER



WHAT SHOULD WE DO?

ADD CALORIC AND NUTRITIONAL LABELING TO ALCOHOL (LIKE WE DO WITH ALL OTHER FOOD PRODUCTS)

(OR MAYBE DRINK A LITTLE LESS BEER...)



Source: Sherk A, Naimi TS, Stockwell T, Hobin E (2019). Calorie Intake from Alcohol in Canada: Why New Labelling Requirements are Necessary. Canadian Journal of Dietetic Practice and Research, <https://doi.org/10.3148/cjdp-2018-046>