

# FESTIVE CALORIE EQUIVALENTS



## FESTIVE ALCOHOLIC DRINK | FESTIVE FOOD EQUIVALENT

1 Small glass of prosecco  
90 kcal



2 Celebration chocolates  
90 kcal



1 Pint of hot fruit cider  
275 kcal



5 Pigs in blankets  
295 kcal



1 Pint of lager  
227 kcal



1 Portion of roast potatoes  
240 kcal



# FESTIVE CALORIE EQUIVALENTS



## FESTIVE ALCOHOLIC DRINK | FESTIVE FOOD EQUIVALENT

1 250ml Glass of red wine  
210 kcal



60g Slice of brie  
191 kcal



1 Large Baileys  
327 kcal



1 Slice of Christmas cake  
312 kcal



1 Large brandy  
180 kcal



1 Slice of Yule log  
157 kcal

