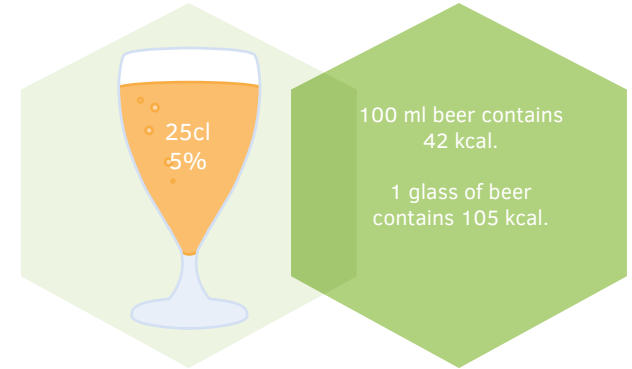




BEER AND BODY WEIGHT

Moderate beer consumption as part of an adult's healthy lifestyle does not lead to weight gain.








Beer can form part of a healthy lifestyle.



Moderate beer consumption does not make you fat.

Calories in beer and other drinks and food.

						
	non-alcoholic beer (250 ml)	beer (250 ml)	red wine (150 ml)	banana (130 g)	milk (250 ml)	mini pizza (100 g)
Kcal per portion (rounded to 5 kcal)*	50	105	105	115	120	235
Kcal per 100 ml/g	20	42	71	90	47	235

Minutes it takes to work off the calories per portion (rounded to 5 minutes).

						
walking	15	25	25	25	25	50
	5	10	10	10	10	25
running						