

**BEER AND BODY WEIGHT** 

Moderate beer consumption as part of an adult's healthy

Calories in beer and other drinks and food.



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

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

Beer and Health

This infographic has been prepared by Kennisinstituut Bier and validated by the Beer & Health Scientific Committee. The scientific research it is based on can be found in the Beer and Health booklet on <a href="http://www.beerandhealth.eu">www.beerandhealth.eu</a>. Potential health effects only apply to moderate beer consumption by adults. This is defined in this infographic as no more than two 25 cl drinks of 5% beer (or two 33 cl drinks of 3.8% beer, or two 10 cl drinks of 13% wine) daily for men and one for women. This may vary for one's age, size and overall health. An otherwise healthy lifestyle is strongly advised. For personal guidance, check with your general practitioner. Please note this does not constitute a drinking guideline. All statements form this infographic are backed-up by science that can be retrieved on <a href="http://www.beerandhealth.eu">www.beerandhealth.eu</a>. Source of calories in beer and other drinks and food: <a href="http://www.beerandhealth.eu">Eurofic.co.</a>

<sup>• 25</sup>cl • 5% • 100 ml beer contains 42 kcal. • 1 glass of beer contains 105 kcal.