

A rough guide to what the calories in your drinks would look like as food. You might be surprised at how many 'doughnuts' you are drinking!

Fizzy can =
2 hard boiled
eggs



Latte = half a
tin of beans



Hot chocolate =
half a sausage roll



Margarita cocktail
= a beef and
onion pie



Gin and tonic =
cornetto



Jager Bomb =
1 Ring Doughnut



Pint strong beer =
a slice of pizza



Pint of beer
= a mini
pork pie



Cuppa tea with a
sugar = a ginger
nut



Pint of cider =
an egg
custard tart



Bloody Mary =
1 Hash Brown



Large glass
of wine = a
Mars bar



Pina Colada
= Big Mac
Burger



Glass of
orange juice =
6 chocolate
fingers



Whisky and
Coke =
4 Fish Fingers



How many calories are in your condiments? Here's a rough guide based on a 1 tbs serving



Ketchup
80 calories



Brown sauce
30 calories



Mayonnaise
360 calories



BBQ Sauce
140 Calories



Soy Sauce
120 calories



Yellow Mustard
36 calories



Balsamic dressing
50 calories



Ranch Dressing
240 Calories



Sriracha
60 calories



Olive Oil
240 Calories



Aioli
400 Calories



Dijon Mustard
22 calories



Honey
240 Calories



Salsa
20 Calories



Garlic and herb
147 calories



Mint Raita
188 calories



Hoisin Sauce
125 calories



Honey and mustard
120 Calories



Mint sauce
135 calories



Mango chutney
61 calories



Guacamole
89 calories