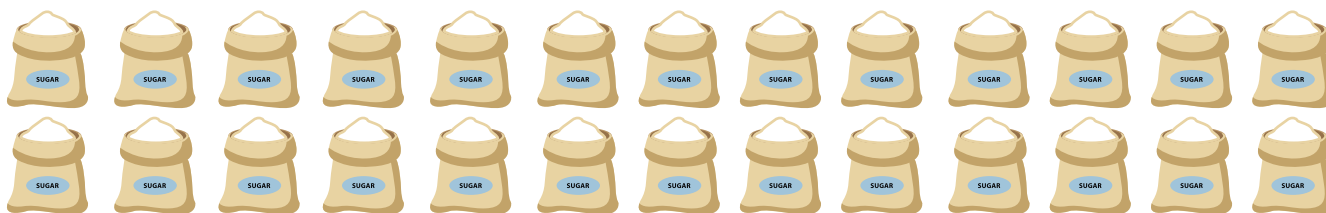


Rethink Your Drink: Alcohol, Calories, and Cost



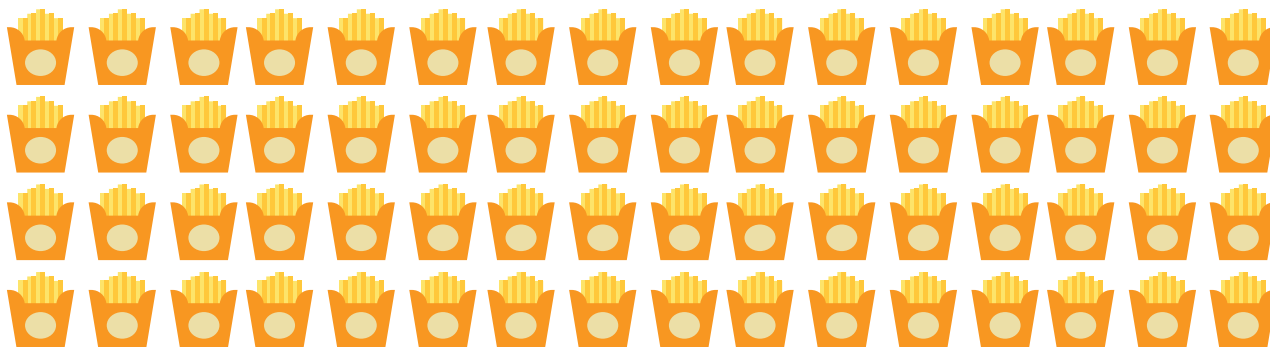
It's easy to forget about the extra calories in drinks, but they add up to extra weight and stored fat on the body.

2-3 drinks per day



Adds up to 1500 to 3500 extra calories per week = eating an extra 43 to 100 pounds of sugar per year

4-5 drinks per day



Adds up to 3000 to 6000 extra calories per week = eating 425 to 850 servings of French fries per year

6-8+ drinks per day



Adds up to 4500 to 9000 extra calories per week = 24,000 to 48,000 sugar cubes per year - enough to stack higher than the Eiffel Tower

Rethink Your Drink: Alcohol, Calories, and Cost

Besides the risk of costly long-term health effects, the daily cost of buying drinks adds up. The annual costs of alcohol could be used instead for some big purchases.

2-3 drinks per day



Adds up to \$30 to \$100 per week = a week long cruise for two or even an amusement park trip for a family of four every year

4-5 drinks per day



Adds up to \$50 to \$175 per week= three 60 inch TVs or a first-class luxury vacation every year

6-8+ drinks per day



Adds up to \$75 to \$275 per week = full-time enrollment at a community college or a personal chef and housecleaner every week