

# How many kilojoules did you just drink?



\*2 schooners - 4.8% ABV



DRINKS METER

[DRINKSMETER.HEALTH.NSW.GOV.AU](http://DRINKSMETER.HEALTH.NSW.GOV.AU)



**\*1486 kilojoules  
(355 calories)  
= 1 x cheeseburger**

Alcohol contains a lot of kilojoules so it can contribute to weight gain. Reduce your consumption (and your waist line) with Drinks Meter.

Download for FREE



Visit **[yourroom.health.nsw.gov.au](http://yourroom.health.nsw.gov.au)** for more information about alcohol and other drugs

