

HEALTH MATTERS

Calorie count of drinking alcohol

PEOPLE are being advised that their favourite tippie could have the same amount of calories as a Danish pastry or a tub of ice cream, as part of a campaign by NHS Leeds and local pharmacies to discourage excessive drinking.

The "New Year, New You" campaign aims to help people reduce the amount they drink and remind them of the impact drinking can have

on their waistlines. To help weight-conscious consumers, pharmacists in Leeds will be handing out a leaflet asking people to guess the calories in their favourite drinks.

The leaflet also provides handy tips on how to reduce calorie and alcohol intake by changing drinks for "lighter" versions.

The New Year, New You campaign was launched on Monday and will run until mid-February.

Anyone worried about their own or someone else's drinking can speak to their pharmacist, visit their GP or call Drinkline on 0800 917 8282.