



"If only the carbs went further down south..."

Lose the kegs! CHOOSE YOUR BEER WISELY

What's really stopping you from getting a sixpack?
(Hint: It may be the sixpack in your fridge...)

There's nothing more distressing than glancing down at your feet only to discover there's something large and round obscuring your view. It's your belly. If you're wondering what's caused this gut, you might be surprised to discover that there's a good reason it's called a *beer* gut... The cold ones you're chugging down after a long day in the sun hold some hefty levels of carbohydrates and kilojoules, which means there's almost a whole sandwich in every schooner. "Alcohol is made up of empty kilojoules, which means they're of no nutritional value to your body," says dietitian

Amanda Clark, author of *Portion Perfection*. "Instead of using the kilojoules to give your body energy, your body just stores them, and for men this tends to be around their belly."

Does this mean the only thing you've got to look forward to after a hard day's work is a frosted glass of water? "Not at all," says Clark. "The key is moderation, although it is worthwhile quenching your thirst with water before starting on a beer. One or two beers a day is fine, as long as it's in conjunction with a balanced diet, and your overall kilojoule intake doesn't exceed 9300kj. It's when those couple of beers turn into a daily sixpack, that your own sixpack will become a distant memory." **Charmaine Yabsley** □

Work it off

Here's the fatty-food equivalent of the beers you're drinking and how long it takes to burn those kilojoules...



One bottle of Beck's (330ml, 571kj) = one KFC drumstick (629kj). To lose it: About 20 minutes of brisk walking.



One bottle of Budweiser (355ml, 607kj) = 23 roasted peanuts (612kj). To lose it: 20 minutes of cycling.



One Foster's long neck (355ml, 600kj) = about 1/3 of a meat pie (1881kj per pie). To lose it: 20 minutes of weights training.



One pint of Guinness (568ml, 914kj) = 1.5 slices of Pizza Hut's Hawaiian Thin'n Crispy (613kj per slice). To lose it: About 30 minutes of tennis.



One can of Tooheys New (375ml, 600kj) = 30g packet of Smith's chips (639kj). To lose it: About 10 minutes of squash.



One glass of XXXX Bitter (200ml, 304kj) = half a party sausage roll (312kj). To lose it: 10 minutes of touch football.



CHEAT SHEET

Think you're getting off Scotch-free by choosing the dark stuff? Not so fast... A shot of whiskey (30ml) comes in at 268kj. And white wine? There's 352kj in every glass (120ml).