# A big night out: how the average Brit consumes 2,000 calories on a bender



As excitement builds for the UEFA European Championship final, British football fans prepare to fill out pubs across the country. The match, featuring the Three Lions, is scheduled to kick off at 8pm BST on Sunday, and supporters are anticipated to consume significant amounts of alcohol.

A recent survey by Lingo, a glucose biosensor app from Abbott, surveyed 2,000 Brits who frequently go out. The findings indicate that the average British reveler consumes around twelve drinks on a big night out, totaling over 2,000 calories. This is comparable to eating a cheeseburger, a medium portion of fries, 20 chicken nuggets, and a serving of ice cream.

Despite this caloric intake, almost half (47%) of those polled do not consider the calorie content of their alcoholic beverages. The average consumption includes three glasses of wine, three pints of lager, and three shots with sugary mixers. Today, Jake Food notes that 86% of respondents admit to craving greasy, unhealthy food the day after drinking, driven by feelings of tiredness and sluggishness.

Sophie Bertrand, a nutritionist at Lingo by Abbott, emphasized the health implications of excessive alcohol consumption, such as impaired liver function and disrupted glucose levels, suggesting moderation and opting for lighter drinks and low-sugar mixers to mitigate these effects.