



BEWARE THE SIDE EFFECTS OF ALCOPOPS

Why don't the makers of sweet-tasting "alcopops," like **SMIRNOFF ICE**, **BACARDI SILVER**, and **SKYY BLUE**, list calorie content on their labels? It's bad enough that those drinks don't even contain the expensive vodka or rum that their brand names imply. But did you know that one alcopop can stuff you with more calories than a Krispy Kreme donut or a Hostess Twinkie? A couple will load you with more calories than a sirloin steak, and putting away three on Friday night gives you the equivalent of a McDonald's Quarter Pounder and a small order of fries. More calories means more you. So, before you find yourself asking, "Dude – Where's my waist?", get the facts: www.cspinet.org/alcopops

