

SWLads – Slimming World Alcohol Syns Guide

The quickest way to choose lower Syn drinks without ruining your week.

Quick Syn Reference (Most Searched)

- 1 Pint of lager – 7 to 9.5 Syns
- 2 125ml wine – 3 to 6.5 Syns
- 3 175ml wine – 4 to 8.5 Syns
- 4 250ml wine – 5.5 to 9 Syns
- 5 25ml gin – 2.5 Syns
- 6 25ml vodka – 3 Syns
- 7 25ml whisky – 3 Syns
- 8 Gin & slimline tonic – 2.5 to 4 Syns

Top 10 Lowest Syn Alcohol Choices

- 1 25ml gin + slimline tonic – 2.5 Syns
- 2 25ml whisky – 3 Syns
- 3 25ml vodka + diet mixer – 3 Syns
- 4 125ml reduced alcohol wine – 3 Syns
- 5 Light cider (250ml) – 4 Syns
- 6 Gin & slimline tonic (can) – 4 Syns
- 7 Low alcohol wine – 3–4 Syns
- 8 Small glass rosé (125ml) – ~4 Syns
- 9 Mid-strength beer – ~5 Syns
- 10 Small bottle lager (275ml) – ~4.5 Syns

How to Drink Without Blowing Your Syns

- 1 Measure spirits — guessing doubles your Syns
- 2 Always choose diet or slimline mixers
- 3 Avoid cocktails (hidden sugar = huge Syns)
- 4 Alternate drinks with water
- 5 Set a Syn budget before you start drinking

Full lists (wine, beer, cider, spirits) available at:

<https://swlads.co.uk/slimming-world-alcohol-syns/>