



DIABETES BOOKLET

HEALTHBOX

COMMUNITY WELLBEING SERVICES

MANAGING TYPE 2 DIABETES FOR PEOPLE DEPENDENT ON ALCOHOL

Alcohol and mixed soft drinks are high in sugar and can lead to poor control in Type 2 Diabetes.

TIP **1**

Try to drink in **moderation** (1-2 units daily).

1 unit

125ml glass of wine

1/2 pint beer/cider/lager/ale

1 single pub measure spirits eg vodka,
rum, gin or whisky.

TIP 2

When drinking alcohol, **eat** some **carbohydrates** such as:

- **Wholemeal bread**
- **Rice**
- **Potato with skins**
- **Pasta**

This will help to prevent the increase of hypoglycaemia on an empty stomach.



TIP 3

Space out drinking and take regular sips of water between alcoholic drinks.



TIP 4

Try to have at least 2 alcohol-free days a week.

TIP 5

If you use a glucometer to check blood glucose, check regularly when drinking alcohol.

TIP 6

Using **sugar-free** mixers eg diet coke, sprite zero, and coke zero. Trying to drink 'light' beers and low alcohol wines.



AVOID IF POSSIBLE



- 1 Sugary Alcopops and Liquors.
- 2 Spirits with sugary mixers/fruit juices.
- 3 Large quantities of normal cider, lager, beer, ale or stout.
- 4 Large quantities of wine, wine spritzers with full sugar mixers.
- 5 Large quantities of pre-mixed drinks eg vodka + coke, rum + ginger.