

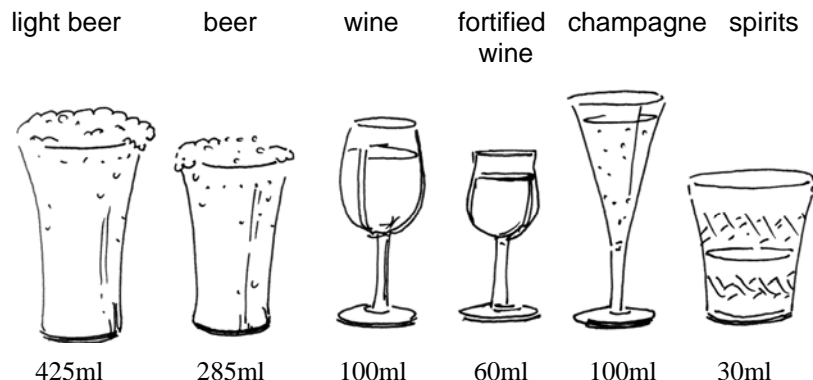
ALCOHOL & DIABETES

How can you raise your glass and keep control of the situation?

***Alcohol recommendations for people with diabetes = no more than 2 standard drinks on any day**

These recommendations are no different from alcohol recommendations for the general population. Eat some low fat carbohydrate-containing food when you drink alcohol.

**Australian Government National Health & Medical Research Council – Australian Guidelines to reduce health risks from drinking alcohol 2009*



Note: if you are trying to lose weight, your triglyceride levels are high, you have poor glucose control or have high blood pressure, aim to have 1 or 2 standard drinks on special occasions only.

How does alcohol affect you?

- **weight gain** – alcoholic drinks are usually high in energy (calories / kilojoules), contain few vitamins or minerals and can contribute to weight gain
- **hypoglycaemia** (low blood glucose levels) – alcohol, in large amounts on an empty stomach, stops the liver from releasing glucose which in turn may cause hypoglycaemia for people on insulin therapy or some medications. Always drink alcohol with a carbohydrate-based meal or snack such as fruit or bread
- **increases triglyceride levels** – alcohol can increase triglycerides (a type of bad fat in the blood). High triglyceride levels increase your risk of heart disease. When you have raised triglyceride levels, your good (HDL) cholesterol is often too low which is an unhealthy combination
- **impairs judgement and can have a toxic effect on the body**
- **can interact with medication** – check with your doctor.

How does the carbohydrate content of alcohol affect you?

- **hyperglycaemia** (high blood glucose levels) – consuming large amounts of alcoholic drinks containing sugar (eg sweet wines, liqueurs) may raise blood glucose levels (hyperglycaemia)
- **weight gain** – the carbohydrate and alcohol content in alcoholic drinks provides extra energy, which may contribute to weight gain.

Are there any benefits from drinking alcohol?

Some research has suggested that there may be cardiovascular benefits from drinking moderate amounts of alcohol, particularly red wine. However, if you do not drink alcohol, it is not recommended that you start.

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Party tips for sensible drinking

Count how many drinks you have, as the numbers add up over a long evening out. Skip the salty foods like chips and salted nuts, which make you thirsty. If you are thirsty, the best drink to quench your thirst is water.

Drink slowly from a smaller glass and have a few suitable non-alcoholic drinks as 'spacers' in between alcoholic drinks.

If you are finding it difficult to reduce your alcohol intake discuss it with your doctor, diabetes nurse or dietitian.

Talk to your friends about your diabetes and possible risks of a 'hypo'.

Sensible choices

Beers: light beer or low alcohol beer

Dry wines: dry whites, dry reds, chardonnay, brut champagne, dry sherry

Spirits: brandy, whiskey, vodka, gin, rum, dry vermouth

Mixers: plain soda or mineral water, low joule / diet soft drinks, low joule tonic water. You could also try vegetable juice or unsweetened fruit juice or low fat milk in small amounts or a dash of bitters or squeeze of lemon.

These drinks have a higher calorie / energy content:

Sweet wines: late harvest, dessert wines, Lambrusco, muscat, 'stickies', moselle, spatlese

Beer: regular, diet

Liqueurs: all – eg Galiano, Cherry Brandy, Tia Maria, Cointreau, Curacao, Baileys

Fortified wine: port, sweet sherry

Wine coolers: eg St Tropez, Coolibah Tropical, West Coast, Tropicana, Wild Lime / Peach / Mango

Alcoholic sodas: eg Sub Zero, Two Dogs lemonade

Pre mixed drinks: eg Vodka cruiser, Bourbon and coke mixes

Non alcoholic wines

| Type of drink | Amount | % Alcohol | Energy (kilojoules) | Energy (calories) |
|---|----------------------|------------------|---------------------|-------------------|
| Regular Beer – eg West End Draught, Coopers Draught, Coopers Pale Ale, Carlton Cold | 1 can (375ml) | 4 - 5% average | 568 | 140 |
| Light Beer – eg West End Light, Carlton Light, Hahn Premium Light | 1 can (375ml) | 2 - 3.7% average | 395 - 546 | 85 - 103 |
| Diet Beer – eg DB (Coopers Dry Beer) | 1 can (375ml) | 4.4% | 540 | 130 |
| Low Carbohydrate Beer – eg Pure Blonde | 1 can (375ml) | 4.6% | 448 | 105 |
| Low Alcohol Beer – eg Birell (available from supermarkets) | 1 can (375ml) | 0.5% | 341 | 80 |
| Red or White Wine (dry) – eg Cabernet Sauvignon, Shiraz, Riesling, Chardonnay | 1 wine glass (160ml) | 12% | 500 | 120 |
| Port | 60ml | 18% | 395 | 95 |
| Liqueurs – eg Baileys Irish Cream, Frangelico, Kahlua | 1 nip (30ml) | 15 – 55% | 250 – 500 | 60 – 120 |
| Spirits – eg brandy, rum, whisky, vodka, gin | 1 nip (30ml) | 40% | 275 | 66 |