

## ALCOHOL

Alcohol is suitable for most people with diabetes, but remember:

- Drink in moderation. Limit alcohol to 1-2 standard drinks per day and have 2 alcohol free days per week.



- Alcohol is high in energy (kilojoules) and can contribute to weight gain.
- Try mixing wine with soda for longer, less alcoholic drink.
- If drinking beer, low alcohol beers (less than 3% alcohol) are recommended as they are lower in energy (kilojoules). “Diet Ale” contains similar energy and alcohol to regular beer so it is **NOT** recommended.
- IF drinking spirits, use a low joule mixer, soda water or plain mineral water.

### **If on insulin or sulphonylurea tablets for diabetes:**

- Alcohol may react with the tablets or insulin to increase the risk of hypoglycemia. Always eat carbohydrate foods from the Eat Most section of the Pyramid when drinking alcohol e.g. low fat dry biscuits, sandwiches, and pretzels.
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  - ❖ **Alcohol is high in energy (kilojoules) and can contribute to weight gain.**
  - ❖ **If on insulin or sulphonylurea tablets for diabetes always eat carbohydrate foods when drinking alcohol to minimize the risk of hypoglycemia.**