

## **Managing Type 2 Diabetes for People that are dependent on alcohol**

We understand it can be difficult to prioritise Type 2 diabetes when you are dependent on alcohol. Alcohol and the soft drinks that it is often mixed with can be high in sugar and this can cause Type 2 Diabetes to become poorly controlled.

This leaflet is designed to provide some basic tips to help you manage your Type 2 diabetes if you are dependent on alcohol.

### **The key is not having too much sugar at any one time**

The higher the alcohol percentage usually the lower the sugar content, but this causes more liver damage in high quantities. The lower the alcohol percentage usually the higher the sugar content is which can make blood glucose (sugar) control poor. Neither is ideal for overall health.

Turn overleaf for drinks options that can help you manage your diabetes and what can make it worse

Authors:

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<b>Better drink options and tips if you have Type 2 Diabetes</b>	<b>Drink options to be avoided if possible if you have Type 2 Diabetes</b>
<ul style="list-style-type: none"> <li>• Try to drink in moderation if you can, for example 1-2 units per day</li> <li>• 1 unit is equal to 1 very small glass of wine (125ml), ½ pint beer/cider/lager/ale, 1 single pub measure spirits e.g. whisky, gin, vodka or rum. A standard 175 ml glass of wine is nearly 2 units</li> <li>• Try to have at least 2 alcohol-free days per week if possible</li> <li>• Always eat some carbohydrates when drinking alcohol such as seeded or wholemeal bread, basmati rice, potato with skins, brown pasta etc. Alcohol on an empty stomach can increase your chance of hypoglycaemia (low blood glucose) if you take certain tablets or insulin injections for your diabetes</li> <li>• Trying to reduce the overall quantity of alcohol and sugar by using sugar free mixers to make 'shandy' or 'spritzers'.</li> <li>• Trying to drink 'light' beers and low alcohol/sugar wines</li> <li>• Drink water with alcohol to stay well hydrated</li> <li>• Space out your drinking and avoid binging on alcohol</li> <li>• If you check your blood glucose with a glucometer, check regularly when drinking alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Sugary Alco pops</li> <li>• Spirits with sugary mixers or fruit juices</li> <li>• Large quantities of normal cider, lager, beer, ale or stout</li> <li>• Large quantities of wine or wine spritzers with full sugar mixers</li> <li>• Sugary liquors</li> <li>• Large quantities of pre-mixed drinks such as 'vodka and coke' 'rum and ginger' as they are usually full sugar</li> <li>• Full sugar energy drinks as a mixer</li> </ul>

Please note: More detailed dietary advice is available elsewhere if your circumstances change

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