

# ALCOHOL

Alcohol is a significant source of calories and carbohydrates, so is a common cause of weight gain. It also has a **complicated effect on blood glucose**:

Although it contains carbs that raise blood glucose levels. The alcohol itself can lower blood glucose. This is because the liver is too busy breaking down the alcohol so it can't maintain the levels, leading to a drop in blood sugar, especially if you're drinking on an empty stomach.

It's difficult to accurately judge, so **it's important to manage your alcohol consumption carefully if you have diabetes.**

Going low carb doesn't mean you have to completely abstain from alcohol, but you do need to be aware of what and how much you're drinking...

## Common drinks high in carbohydrates:

- Beer (most brands contain between 10-15g of carbs per pint)
- Cider
- Alcopops
- Cocktails (Cocktails can contain around 25g of carbs)
- Any spirit with a sugary mixer like fruit juice, coke or lemonade.

Switch for a diet version of the soft drink, tomato juice, tonic water or mineral water with a slice of lemon or lime.



## The government's weekly guideline for alcohol consumption:



14 units for **women**



Is approximately 7 medium glasses of wine, or between 5-7 pints of beer or lager.

But you should try for lower if you're aiming for weight loss



21 units for **men**



Is approximately 10 medium glasses of wine, or between 8-10 pints of beer or lager.