

Diabetes

Diabetics should be careful with alcohol

People with diabetes must be extremely careful with alcohol. Alcohol consumption can cause blood sugar to rise or fall depending on how much you drink and other factors. For some diabetics, excessive consumption can cause blood sugar to drop dangerously low.

The American Diabetes Association suggests that light-to-moderate alcohol consumption (not more than two drinks per day for men and not more than one drink per day for women) is acceptable for some diabetics – providing their doctor agrees. The American Diabetes Association recommends that diabetics practice caution by checking their blood glucose before drinking an alcohol beverage and eating, preferably carbohydrates, prior to having a drink.

Some diabetics should not drink at all because alcohol can make their condition worse. For example, diabetics with high levels of triglycerides (a certain type of fat in the blood) shouldn't drink alcohol because it can affect the liver's ability to metabolise glucose, which in turn may increase blood triglyceride levels. Mixing alcohol with diabetics medication can prevent it from working properly and may contribute to dangerous instability in blood sugar levels.

Drinking alcohol may prevent diabetes medication from working properly

Alcohol and the onset of diabetes

Some studies have reported that light-to-moderate alcohol consumption can have a mild protective effect against the development of type 2 diabetes for both men and women. On the other hand, other studies suggest that, for some people with type 2 diabetes, even moderate alcohol intake may induce low blood sugar levels.

Pancreatitis

Pancreatitis is a health condition that's connected with diabetes. Prolonged, heavy alcohol use can contribute to pancreatitis which, in turn, can lead to diabetes.



take action

If you are a diabetic, you should talk to your doctor to decide what – if any – level of alcohol consumption is safe for you.

talkingalcohol.com

is a site dedicated to helping people make informed choices about alcohol



other websites

These sites contain further information that you may find useful. However, SABMiller is not responsible for the content of these sites.

- American Diabetes Association, Alcohol www.diabetes.org/food-and-fitness/food/what-can-i-eat/alcohol.html
- Baker IDI Heart & Diabetes Institute, Healthy Eating and Type 2 Diabetes www.bakeridi.edu.au/health_services/health_fact_sheets/healthy_eating_type_2_diabetes/
- BattleDiabetes.com, How Does Drinking Alcohol Effect Diabetes and Raising Blood Sugars? www.battlediabetes.com/drinking-alcohol-and-diabetes

- Canadian Diabetes Association, Alcohol + Diabetes www.diabetes.ca/for-professionals/resources/nutrition/alcohol/
- Diabetes Australia, Alcohol and Diabetes www.diabetesaustralia.com.au/en/Living-with-Diabetes/Eating-Well/Alcohol/
- Diabetes UK, Alcohol and Diabetes www.diabetes.org.uk/Guide-to-diabetes/Healthy_lifestyle/Alcohol_and_diabetes/