

# DRINKING ALCOHOL...

WHEN YOU ARE DRINKING IT IS IMPORTANT TO TEST YOUR BLOOD GLUCOSE LEVELS REGULARLY SO YOU CAN SEE HOW DIFFERENT TYPES OF ALCOHOL ARE AFFECTING YOU AND YOU CAN MAKE CHANGES ACCORDINGLY. THERE IS INCREASED RISK OF HYPOS OVERNIGHT AS THE SYMPTOMS ARE HARDER TO RECOGNISE DUE TO THE AFFECTS OF THE ALCOHOL



**MIXING DRINKS ISN'T ALWAYS A GREAT IDEA  
NEITHER IS MIXING THE TYPES OF ALCOHOL  
FROM GROUPS 1 AND 2 ON THE SAME NIGHT**

## **GROUP 1 DRINKS . . .**



**DRY OR SPARKLING WINE & SPIRITS**

## **GROUP 2 DRINKS . . .**



**LAGER**

**BEER**

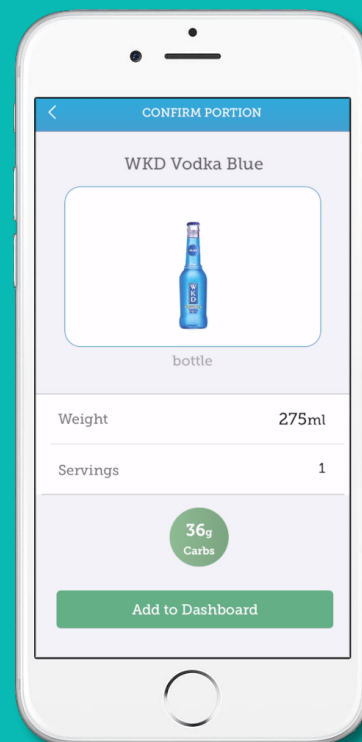
**CIDER**

**ALCOPOPS**

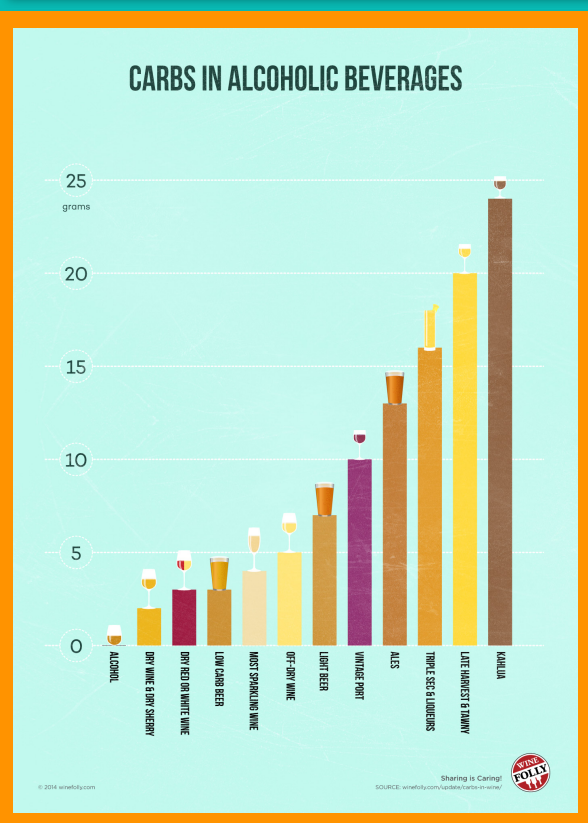


ALCOHOLIC DRINKS DON'T LIST THEIR CARBOHYDRATE CONTENT ON LABELS SO USE THE CARBS & CALS APP TO FIND OUT MORE..

ANOTHER USEFUL GUIDE TO CARBOHYDRATES IN DRINKS IS FROM WINE FOLLY WINE FOLLY — CARBS IN DRINKS



CARBS & CALS



DRINKAWARE

TRY NOT TO BOLUS INSULIN FOR THE CARBOHYDRATE IN ALCOHOL UNLESS YOU'RE DRINKING A VERY HI CARB DRINK

