

IMPORTANT DATES

Registration is mandatory
with valid health card
613-632-1111 ext. 52701.

November 24th, 2017: Cooking Class
and Grocery Tour - from 8:30 am to
12:00 pm.

February 8th and 15th: Group classes
«Living Well with Diabetes».

ALCOHOL AND DIABETES

The holiday season is just around the corner, there will be many events and celebrations. You might be tempted to have 1 drink or 2 ... Whether it's a beer upon arrival, a cocktail with an appetizer, a glass of wine at dinner or a digestive in the evening, it's important to be cautious with the number of drinks consumed.

The recommendation is the same for people with diabetes. You are encouraged to limit to a maximum of 2 drinks per day for women (10 or less per week) and 3 drinks per day for men (15 or less per week) - not every day. One alcoholic beverage corresponds to:

- * 340 mL (12oz) of 5% alcohol beer;
- * 140 mL (5 oz) of wine (red or white) at 12% alcohol;
- * 85 mL (3 oz) of fortified wine (e.g. port) at 20% alcohol;
- * 45 mL (1.5 oz) of 40% alcohol spirits



People living with diabetes are at risk of hypoglycemia when consuming alcohol. The liver, being too busy managing alcohol, does not have time to produce sugar if the body needs it. It is therefore suggested not to drink alcohol on an empty stomach. Extra precaution should be taken with people using "insulin secretagogues (e.g. gliclazide (Diamicon^{MD}) and Diamicon MR^{MD}), glyburide (Diabeta^{MD}) and répaglinide (GlucoNorm^{MD})"1 or insulin to help control their diabetes. You have a greater risk of hypoglycemia.

In any case, here are some basic tips for avoiding hypoglycemia:

- * Do not drink alcohol on an empty stomach;
- * Check your blood sugar more often. Do not forget to do it at bedtime;
- * Take an extra snack at bedtime, if needed, to prevent nocturnal hypoglycemia if drinking;
- * Make sure to get up at your usual breakfast time after an evening;
- * Have a basic treatment at hand to correct hypoglycemia if necessary (e.g. 4 tablets of Dex 4, 3 packages of sugar, 1 small box of juice).

Alcohol also has other undesirable side effects such as:

- * Impaired weight management due to ingestion of empty calories;
- * Increased blood pressure;
- * Increased your triglycerides;
- * Affecting multiple organs including the liver, pancreas, brain and sexual organs.

To learn more about the amount of calories and carbohydrates in different alcoholic beverages, download the "Alcohol and Diabetes" pamphlet 2:

Do not drink and drive.

For more informations, ask your healthcare professional or visit:

1- <http://www.diabete.qc.ca/en/understand-diabetes/practice/warned/drinks>

<http://guidelines.diabetes.ca/cdacpg/media/documents/patient-resources/alcohol-and-diabetes-feb2014.pdf>

Clementine-Flavored Water

- * 3 clementines, thoroughly washed
- * 4 cups (1 litre) ice cubes
- * 3 to 4 fresh mint or lemon balm leaves, to taste
- * 6 cups (1.5 litres) cold water

Preparation

In a saucepan, cover the clementines with water and bring to a boil. Simmer for 2 minutes. Drain and let cool. Cut the clementines into 1/2-cm (1/4-inch) thick slices and place in a pitcher. Add the ice cubes, mint, and cold water.

Note

Once the pitcher is empty, simply fill with more water, keeping the mint and clementines. They can flavor several pitchers.

<https://www.ricardocuisine.com/en/recipes/5413-clementine-flavoured-water>

Raspberry-Mint Water

Ingredients

- * 7 cups (1.75 litres) water
- * 1 1/2 cups (375 ml) whole fresh raspberries
- * 1/4 cup (60 ml) whole fresh mint leaves

Preparation

Pour the water in a beautiful glass jug and add the fruit and herbs. Clean the fruit and herbs before adding them to the water. Refrigerate overnight, then drink within 24 hours. After that time, some fruit and herbs might release too much flavor.

Note

Clean the fruit and herbs thoroughly before adding them to the water.

<https://www.ricardocuisine.com/en/recipes/757-raspberry-mint-water>

To receive the bimonthly Infoletter or to remove your name from the mailing list, please send an email to: infolettrediabete@hgh.ca

**EATING TO PREVENT,
CONTROL
AND REVERSE DIABETES.**

