

Alcohol recommendations

To reduce the risk of alcohol-related disease, injury or death, the National Guidelines for Alcohol Consumption recommend:

- No more than 2 standard drinks per day for healthy men and women.
- No more than 4 standard drinks on a single occasion.
- Avoiding alcohol when pregnant or breastfeeding.

A standard drink contains 10g of alcohol and is approximately equal to:

- 100ml wine OR 285ml full strength beer OR 30ml spirits.

In Australia, the number of standard drinks in a can, stubbie or bottle is indicated on the label.



How many standard drinks are in a typical serve?

Beer			Cider
			
1.1	1.6	1.4	1.3
285ml (Pot)	425ml (Schooner)	375ml	330ml
Full Strength	Full Strength	Full Strength	Full Strength
4.8% Alc. Vol	4.8% Alc. Vol	4.8% Alc. Vol	5% Alc. Vol

Wine		
		
1.4	1.6	7
150ml*	150ml*	750ml
Sparkling Wine	Red Wine	Average bottle
12% Alc. Vol	13.5% Alc. Vol	12% Alc. Vol

*Average restaurant serve

Spirits			
			
1.2	1.5	1	2-4
330ml	375ml	30ml	60-120ml
Full Strength Ready-to-drink	Full strength Pre-mix spirits	High Strength Spirit Nip	High Strength Spirit Nip
5% Alc. Vol	5% Alc. Vol	40% Alc. Vol	40% Alc. Vol

Know the risks

Too much alcohol can increase the risk of:

- accidents and injury
- high triglyceride levels
- liver and pancreas damage
- dementia and brain damage
- high blood pressure and heart disease
- some cancers.

Alcohol can also:

- Affect concentration, mood and sleep.
- Interact with a range of medications.
- Contribute to weight gain, due to the high energy (kJ) value of all alcoholic drinks.

Depending on your individual health and medication, less than 2 standard drinks per day may be recommended. Discuss this with your health professional.

**REDUCE
YOUR
RISK**



NEW NATIONAL
GUIDELINES FOR
ALCOHOL CONSUMPTION

Tips to help reduce alcohol

- Quench your thirst with chilled water or a diet soft drink instead of alcohol.
- Sip alcohol slowly with a meal or wait until after a meal to consume alcohol.
- Alternate alcoholic beverages with non-alcoholic beverages.
- Choose 'Light' or 'Low-alcohol' beer instead of regular strength beer.
- Be aware that 'low-carb' drinks often have the same alcohol content as regular varieties.
- Choose a pot (285mls) of beer or cider rather than a schooner (425mls) or stein (570mls).
- Order wine by the glass instead of ordering a bottle.
- Be cautious of the volume of larger wine glasses.
- Finish one drink before ordering another and avoid 'topping up' your glass while drinking.
- Choose a wine spritz (wine diluted with soda water).
- Set a limit on the number of drinks you plan to have before you start drinking.
- Offer to be a designated driver.
- Participate in FebFast, Dry July or October campaigns (fast from alcohol and raise money for a charity)



Tomato juice



Wine spritz



Soda water



Diet soft drink



How can alcohol affect diabetes?

Hypoglycaemia (blood glucose level less than 4.0mmol/L)

If you are managing diabetes with insulin or tablets that may cause hypoglycaemia, your risk of hypoglycaemia may be further increased with alcohol.

Hyperglycaemia (blood glucose level above 8.0mmol/L)

Alcoholic drinks that are higher in carbohydrate (e.g. dessert style sweet wines, beer, cider and spirits mixed with regular soft drink or fruit juice) may cause higher blood glucose levels.

Tips for safer alcohol consumption when managing diabetes

These tips are most relevant to people managing diabetes with insulin or tablets that may cause hypoglycaemia.

- Ensure you consume alcohol with a meal or snack containing carbohydrate, not on an empty stomach. Discuss carbohydrate choices with your Dietitian.
- Always carry hypoglycaemia treatment with you (e.g. jelly beans) in case you need to treat low blood glucose levels.
- Wear or carry identification that states you have diabetes. Make sure someone you are with knows that you have diabetes, including how to identify and treat hypoglycaemia.
- Physical activity such as dancing or drinking alcohol after playing sport may further increase your risk of having a hypo. If you are planning on being physically active you may need to consume additional carbohydrate or reduce your insulin dose. Discuss this with your diabetes specialist or diabetes educator.
- Test your blood glucose levels before going to bed.
 - ✓ If your blood glucose level is below 7.0mmol/L, include a lower glycaemic index (GI) carbohydrate snack before bed to help prevent hypoglycaemia occurring overnight (e.g. a slice of grain toast or a piece of fruit or a muesli bar).
 - ✓ If you are on insulin and your blood glucose level is low, consider adjusting long acting insulin. Discuss this with your diabetes specialist or diabetes educator.
 - ✓ If you are on insulin and your blood glucose level is high, consider taking extra insulin. Discuss this with your diabetes specialist or diabetes educator.



More information

www.alcohol.gov.au

www.drinkwise.org.au

Support

If you have difficulty controlling your alcohol intake, speak to your treating health professional. A variety of support services are available across Australia.



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