

Alcohol affects medications and liver function, causing HYPOglycaemia (low blood sugar)

Don't drink!

If drinking is unavoidable:



Do not skip meals



Limit to 1 standard drink per day, choose light beer or wine spritzer



Choose low-calorie light beer or **dilute mixers with water**



Your **blood sugar** level is **under control**



You **do not have low blood sugar** (< 4 mmol/L) or experience low blood sugar symptoms

What is 1 standard drink?



330 ml light beer



100 ml wine



30 ml spirit or liqueur
(e.g. brandy, vodka, whiskey)

Where to go for further help

National Addictions Management Service (NAMS)

6732 6837

<https://www.nams.sg/>

HPB QuitLine

1800 438 2000

<http://www.healthhub.sg/programmes/88/IQuit>