

Avoid drinking alcohol



- Drinking excessive alcohol can cause hypoglycaemia (low blood sugar) due to increased insulin secretion, especially if consumed on an empty stomach or if you are taking certain diabetes medications.
- Alcohol has been linked to increased insulin resistance, and can interfere with meals plans and glucose control, especially if you are taking insulin or medication for diabetes.
- The amount of sugar content varies depending on the type of alcohol. Commercial alcoholic drinks may also be mixed with soda or fruit juices that are high in sugar content.
- Alcoholic drinks such as beer contain high amounts of calories, which can lead to weight gain.