


Alcohol and Eating Out

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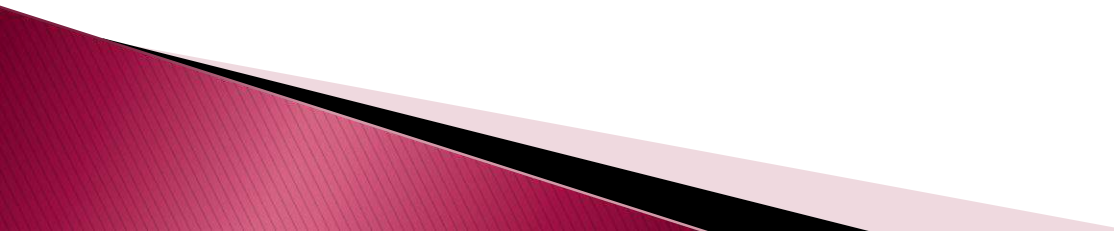
- Common Questions
- Discussion Points & Solutions
- Carb Counting
- Tips when eating out

▶ Alcohol

- What to consider when drinking alcohol
 - Discussion Points & Solutions
 - Carb contents of common drinks
 - Alcohol contents of common drinks
 - 10 tips when drinking alcohol
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Eating Out

Common Questions when Eating Out

- ▶ How do I know how many carbs are in my meal?
 - ▶ When should I take my insulin?
 - ▶ What if there is a delay with my meal?
 - ▶ What if I can't eat all of my meal?
 - ▶ What if I want a dessert?
 - ▶ What if my meal is high in fat?
 - ▶ What if I am having alcohol with my meal?
 - ▶ What if I don't want to give my insulin at the table?
- 

Home Cooking vs Eating Out

- ▶ Knowing what's in the meal
- ▶ Ability to “measure” the carbs accurately
- ▶ Planning
- ▶ Available resources to carb count
- ▶ Ease of giving insulin
- ▶ Timing of food
- ▶ Amount eaten



Discussion Points

- What if I want a starter?
- What do I do if my meal isn't quite as expected?
- What if I want to eat more than I normally would?
- Buffets



▶ Meal 1:

- Starter = Garlic Prawns
- Main Course = Mozzarella stuffed chicken with new potatoes and steamed vegetables
- Dessert = “Trio of Fruit” with liqueur coffee

▶ Meal 2:

- Starter = Poppadoms and Chutney
- Main Course = Chicken Tikka Masala with Rice and Naan Bread
- Dessert = Keer (Rice Pudding)

▶ Meal 3:

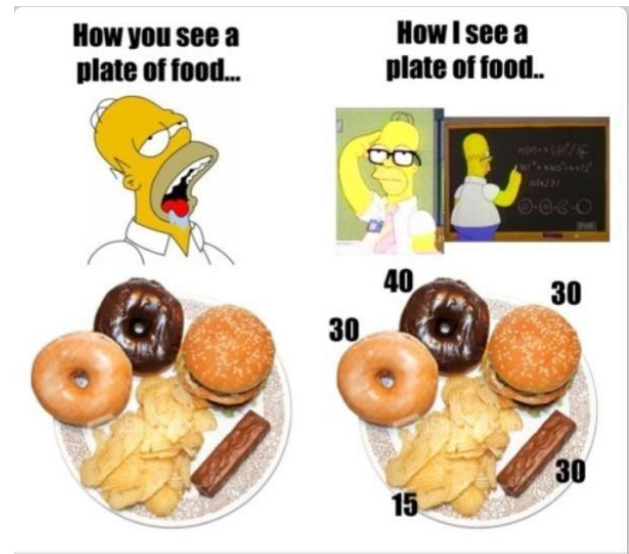
- Buffet meal with savoury and sweet options

Possible Solutions

- What if I want a starter?
 - Take no insulin until main course
- What do I do if my meal isn't quite as expected?
 - Take no insulin until you have seen your meal
 - If already taken insulin, may need to take on more carbs
- What if I want to eat more than I normally would?
 - Split dose?
- Buffets
 - Take insulin at the end? split the dose?
 - May be safer to underestimate and correct later

Carb Counting Tips

- ▶ Transfer your skills from home to restaurant
 - Visualise rice in tablespoons
 - Estimate pizza as slices of bread
 - Think of similar meals you eat at home
- ▶ Buffet “rule of 10”
- ▶ Useful apps and online information
- ▶ Timing of insulin/split dose
- ▶ Learn from your mistakes
- ▶ If in doubt, underestimate



Buffet Rule of 10

- ▶ 10g carb is equivalent to:
 - 1 handful of crisps
 - 1 triangle buffet sandwich
 - ½ small bread roll
 - 1 heaped tablespoon of rice/pasta salad
 - 1 mini pork pie
 - 1 small sausage roll
 - 1 inch slice of french stick
 - 1 onion bhaji
 - 1 samosa
 - 1 small slice quiche



Summary

- ▶ Carb counting skills are transferrable
- ▶ Use the internet to look up nutritional info or ask ahead
- ▶ Use similar home cooked meals or ready meals as a guide
- ▶ Split your insulin dose?
- ▶ Learn from your mistakes
- ▶ If in doubt, underestimate

When you feel really confident about your carb counting, then test later on and you're really high...



WHAT?! ...COME ON!!!

British beef & Doom Bar® ale pie - with chips, gravy and mushy peas

Daily Intake

Calories	Carbohydrates	Fat	Saturated Fat	Sugar	Fibre	Protein	Salt
1590cal	177g	79.5g	25.0g	9.4g	14.2g	37.5g	5g
80%	68%	114%	120%	10%	-	75%	84%

Diet

MENU ITEM	PER SERVING									
	Kcal	KJ	Protein (g)	Fat (g)	of which saturates	Carbs (g)	of which sugars	Fibre (g)	Salt (g)	
Olives Marinade	122	504	1.1	10.7	1.4	6.6	1.2	2.9	2.8	
Roasted Tomatoes	67	277	1.3	3.5	0.4	6.0	5.6	2.8	0.5	
Dough Balls	361	1509	9.1	16.4	9.1	42.4	1.8	2.9	1.6	
Dough Balls Doppio	770	3228	19.2	36.7	12.0	87.9	4.2	6.5	3.4	
Gluten Free Dough Balls	382	1599	2.0	21.6	11.1	44.4	5.0	2.6	1.3	
Garlic Bread w. Mozzarella	326	1370	15.7	9.7	5.2	42.2	1.9	2.8	1.6	
Bruschetta Originale	412	1723	10.5	19.5	2.4	46.2	4.4	3.7	1.9	
Buffalo Mozzarella and Tomato Salad	331	1376	9.5	30.3	12.5	5.3	4.0	1.0	1.0	
Calamari	636	2657	12.1	44.7	17.6	46.8	3.6	4.6	2.7	
Classic Italian Antipasto for 1	787	3288	31.1	49.7	20.5	52.7	6.1	8.2	6.5	
Classic Italian Antipasto for 2	1604	6728	63.0	102.3	41.4	107.4	12.9	16.0	12.9	
Risotto Primavera	379	1580	11.9	21.1	10.1	34.7	2.1	1.5	1.7	
Caesar Salad	349	1447	16.1	25.4	5.9	13.6	2.7	2.7	1.7	

NUTRITIONAL INFORMATION
EGG, BACON & AVO TOASTED TORTILLA

NUTRITIONAL STATS, FACTS AND FIGURES
Table of Nutritional Information

Energy (KJ)	2317.0
Energy (kcal)	555.0
Fat (g)	38.4
of which s - saturates (g)	11.3
Carbohydrate (g)	39.3
of which - sugars (g)	2.7
Protein (g)	5.0
Salt (g)	2.1

PER 100 g

Energy (KJ)	1062.8
Energy (kcal)	254.6
Fat (g)	14.4
of which s - saturates (g)	5.2
Carbohydrate (g)	18.0
of which - sugars (g)	1.2
Protein (g)	2.3
Salt (g)	0.1
Salt (g)	1.0

per 210 g serving

Energy (KJ)	2317.0
Energy (kcal)	555.0
Fat (g)	38.4
of which s - saturates (g)	11.3
Carbohydrate (g)	39.3
of which - sugars (g)	2.7
Protein (g)	5.0
Salt (g)	2.1

INTERACTIVE NUTRITION MENU

Search within KFC

Last Update: 05/03/2017

ORIGINAL RECIPE CHICKEN

Recipe	Calories (kcal)	Protein (g)	Fat (g)	Carbs (g)	Salt (g)
Original Recipe® Chicken Breast	390	19.0	21.4	4.0	1.10
Original Recipe® Chicken Drumsticks	130	7.0	8.0	1.5	0.55
Original Recipe® Chicken Thigh	280	17.0	19.0	6.5	1.00
Original Recipe® Chicken Whole Wing	130	8.0	2.0	0.55	0.30



wagamama ramen

slow cooked pork belly marinated in bulgogi sauce on top of noodles in a rich chicken broth with dashi and miso. topped with pea shoots, menma, spring onions, wakame and half a tea-stained egg

nutrition + allergy

	per serving	per 100g
energy kcal	66kcal	96kcal
energy kj	277kJ	36kJ
protein	36.4g	5.1g
carbohydrate	70.1g	9.8g
of which sugars	10.9g	1.4g



grilled duck ramen

Alcohol

Mixing Alcohol & Diabetes

- ▶ Alcohol isn't necessarily off limits, but can affect blood glucose levels
- ▶ Know how alcohol affects you
- ▶ How much carbohydrate is in your drink of choice?
- ▶ Know the potential risks and how to avoid them
- ▶ Be sensible – 14 units per week



Alcohol Can Cause Hypos

- ▶ The liver stops producing glucose to deal with the alcohol,
- ▶ Heavy alcohol consumption can increase the risk of hypos further
- ▶ Risk of hypos is increased in to the following day
- ▶ Do not take any rapid acting insulin with alcoholic drinks unless advised to by your diabetes team

Things to Consider

- ▶ What you are drinking?
 - Alcohol content
 - Carbohydrate content
- ▶ Food intake
 - Drinking with a meal?
 - Need snacks?
- ▶ Activity level
 - Dancing, walking between bars
- ▶ The day after
 - Hangover?



How Many Carbs Are In
My Drink?

Carbohydrate Content

Drink	Volume	Carbohydrate
Dry wine	200ml	1g–2g
Medium wine	200ml	5–10g
Beer/Lager	1 pint	10g –15g
Stouts/Guinness	1 pint	20g
Dry Cider	1 pint	15g
Sweet Cider	1 pint	25g
Alcopops	1 bottle	15–30g

Spirits (gin, vodka, whiskey & rum) often 0g as highly distilled but what do you add to them?

Alcohol Content



3 units

PINT LAGER
ABV 5.2%



3 units

PINT CIDER
ABV 5.3%



2.3 units

PINT BITTER
ABV 4%



2.3 units

WHITE WINE
(175ml) ABV 13%



1.6 units

RED WINE
(125ML) ABV 13%



1.7 units

BOTTLE LAGER
ABV 5.2%



1.4 units

ALCOPOP
ABV 5%



1 unit

SINGLE GIN & TONIC
ABV 40%



1 unit

SAMBUCA SHOT
ABV 42%



2 units

DOUBLE WHISKY
ABV 40%



2 units

CHAMPAGNE
(175ml) ABV 11.5%



2 units

COSMOPOLITAN
ABV 26%



1.3 units

PIMMS
ABV 25%



2 units

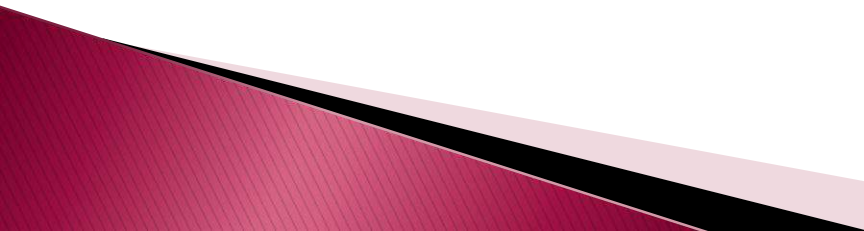
DOUBLE COGNAC
ABV 40%



10 units

BOTTLE OF WINE
ABV 13.5%

10 Tips When Drinking Alcohol

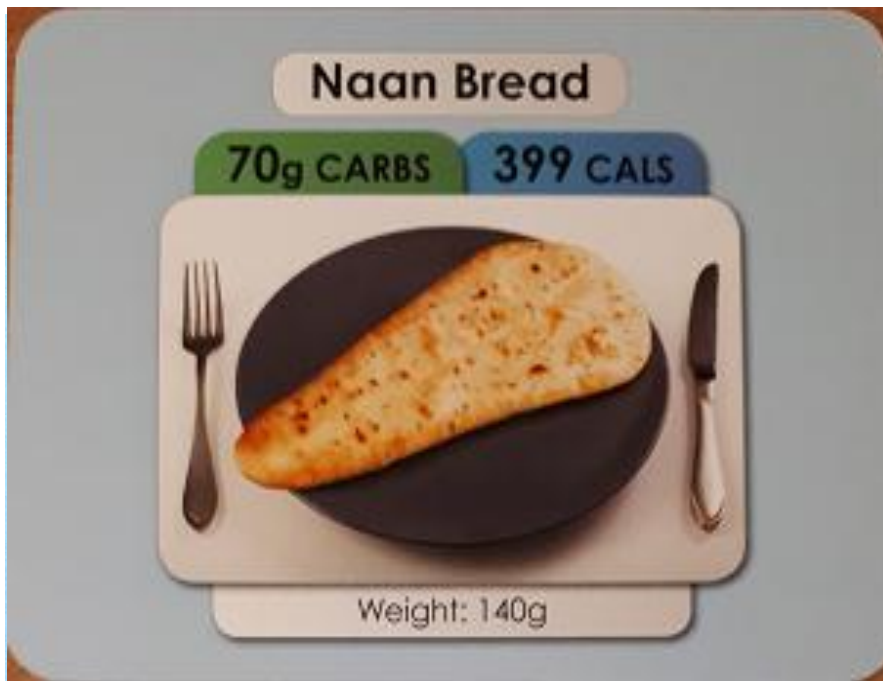
- ▶ Ensure it is deemed medically safe for you to consume alcohol
 - ▶ Glucagon will not treat alcohol induced hypos
 - ▶ Carry ID
 - ▶ Know your drinks – alcohol/carb content
 - ▶ Educate your friends/family
 - ▶ Eat! – think carbs
 - ▶ Be prepared – meter, hypo kit, have a plan in case
 - ▶ Test your blood
 - ▶ Exercise & alcohol don't mix well (inc. dancing)
 - ▶ After the party – hypos in night/day after
- 

True Or False?

- ▶ You should always take your full dose of rapid acting insulin in one injection
- ▶ You do not need a starchy snack after drinking alcohol if your drinks contain carbohydrate
- ▶ If you decide you want a dessert, you can take an extra dose of rapid acting insulin when you eat it
- ▶ Carb free starters should be avoided
- ▶ The more alcohol you drink, the greater the risk of hypos



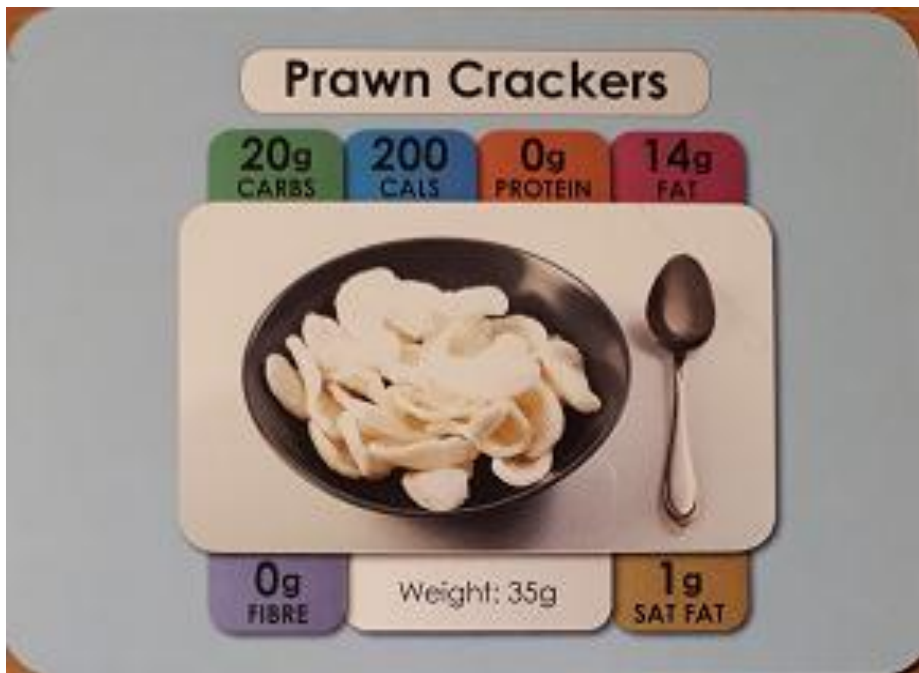
Play Your Carbs Right!



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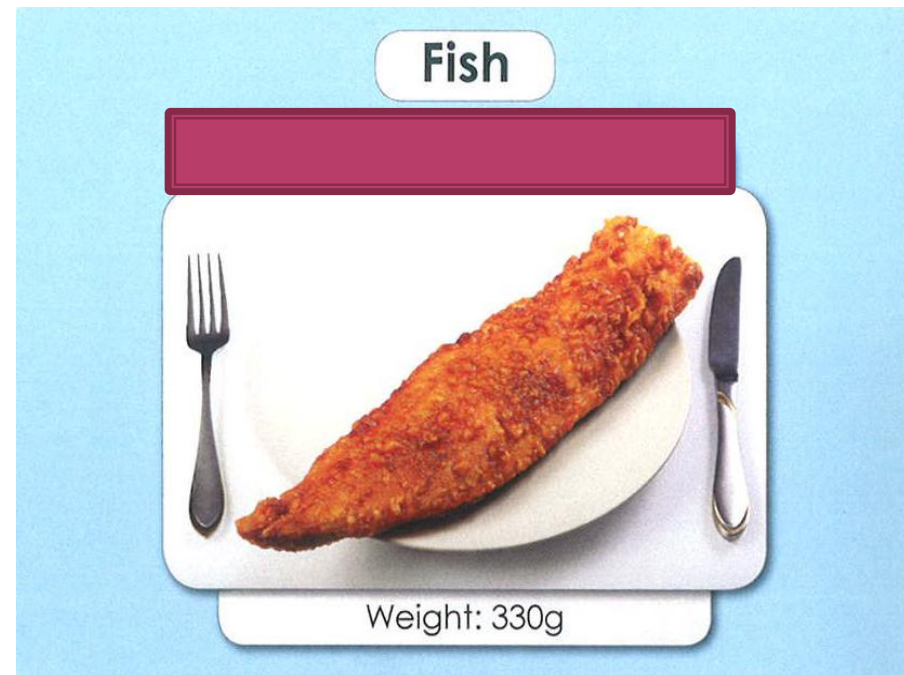
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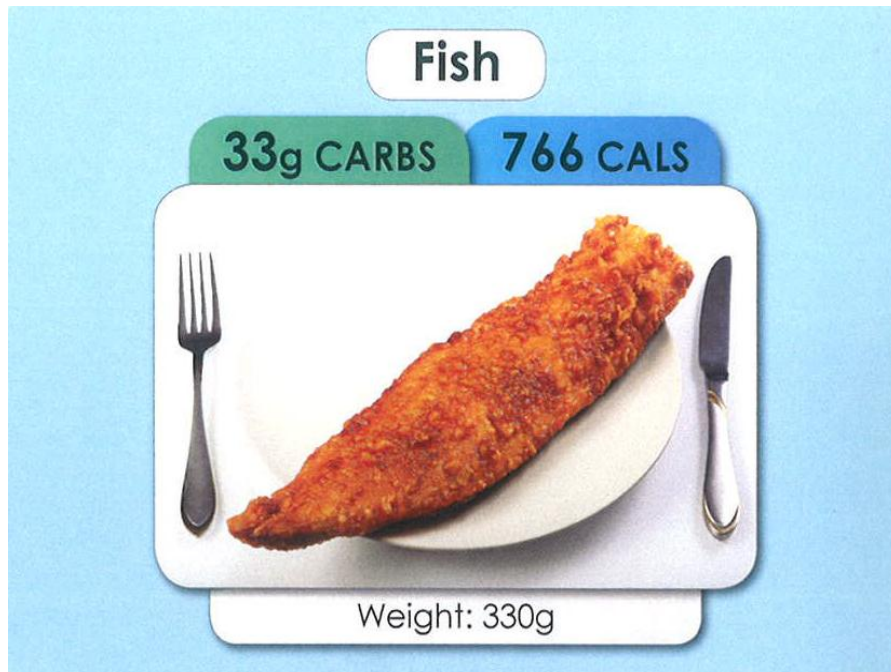
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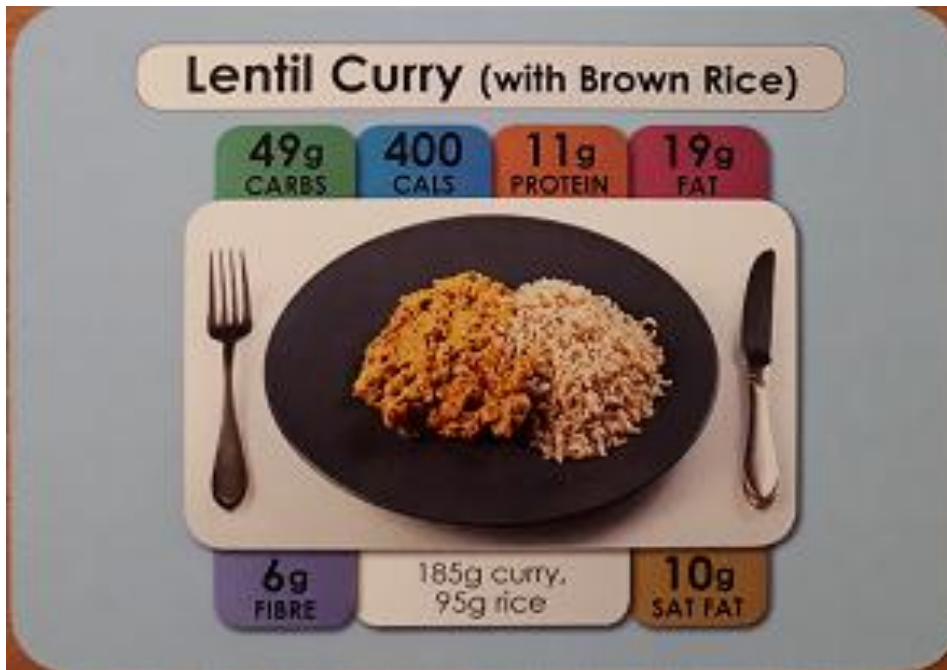
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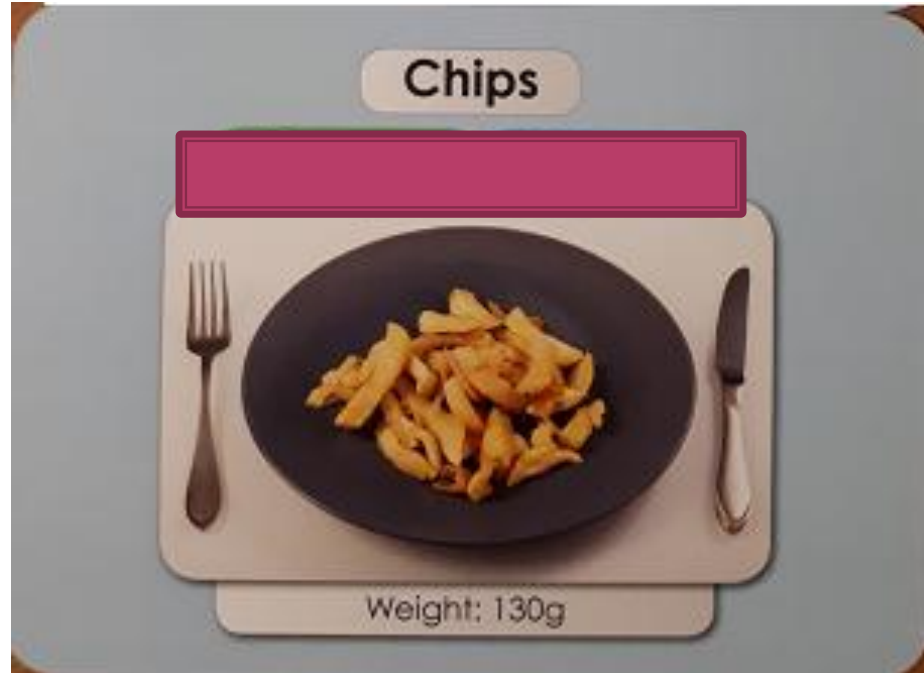
Play Your Carbs Right!



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Play Your Carbs Right!



Thank You!

Any More Questions???