

# Alcohol and Eating Out

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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:

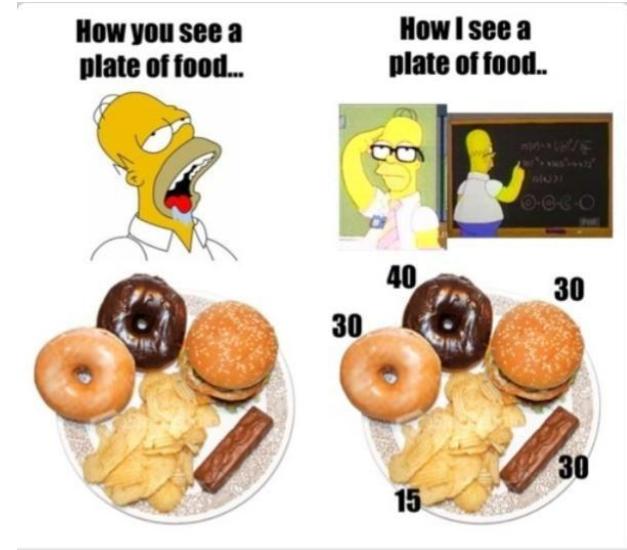
- Buffet meal with savoury and sweet options

# 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
  - $\frac{1}{2}$  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!!!**

wether  
Pub Ch...  
6oz gammon  
Cod fillet, peas or mu...  
Dietary informa...  
**British beef chips, gravy**  
Gravy, Marmite, pepper, mustard  
Dietary informa...

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

Dietary Intake

Calories	Carbohydrates	Fat	Saturated Fat	Sugar	Fibre	Protein	Salt
1592cal 809g	177g 689g	79.5g 114g	25.6g 17.9g	9.4g 10.1g	14.2g -	37.5g 75%	5g 846mg

Diet

MENU ITEM	PER SERVING								
	Kcal	KJ	Protein (g)	Fat (g)	of which saturates	Carbs (g)	of which sugars	Fibre (g)	Salt (g)
Olives Marinate	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	1733	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	2.7	1.7
Cesar Salad	349	1447	16.1	25.4	5.9	13.6	2.7	1.5	1.7

MENU ITEM	TO BEGIN & STARTERS								
	Kcal	KJ	Protein (g)	Fat (g)	of which saturates	Carbs (g)	of which sugars	Fibre (g)	
Olives Marinate	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
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UNITED KINGDOM

OUR MENU

ORGANIC COFFEE

NATURAL FOOD

PRET

NUTRITIONAL INFORMATION

EGG, BACON & AVO TOASTED TORTILLA

DOING THE RIGHT THING

GOOD JOBS

TALK TO PRET

FIND A PRET

PRET CARD

Per 100g	Per 218g serving
1062.6	237.0
294.6	65.0
14.4	3.1
5.2	1.2
18.0	2.3
1.2	0.1
2.3	0.1
9.1	2.1
1.0	0.1

menu restaurants take-out and delivery group bookings

Kentucky Fried Chicken

INTERACTIVE NUTRITION MENU

Search within KFC

ORIGINAL RECIPE CHICKEN

Original Recipe® Chicken Breast

Original Recipe® Chicken Drumstick

Original Recipe® Chicken Thigh

Original Recipe® Chicken Whole Wing

Calories

Carbohydrates from Pot

Total Pot (g)

Starches (g)

Total Pot (g)

Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fibre (g)

Sugars (g)

Protein (g)

Last Updated: 05/03/2017

PRINT

per serving per 100g

energy kcal 696kcal 384kcal

energy kJ 2777kJ 384kJ

protein 36.4g 5.7g

carbohydrate 76.1g 9.8g

of which sugars 10.0g 1.4g



wagamama ramen



slow cooked pork belly marinated in bulgogi sauce on top of noodles in rich chicken broth with dashi and miso, topped with pea shoots, kimchi, spring onions, wakame and hot & sour stained egg

per serving	per 100g
energy kcal	696kcal
energy kJ	2777kJ
protein	36.4g
carbohydrate	76.1g
of which sugars	10.0g
fat	1.4g
of which saturates	0.1g
carbohydrates (g)	9.8g
of which sugars (g)	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

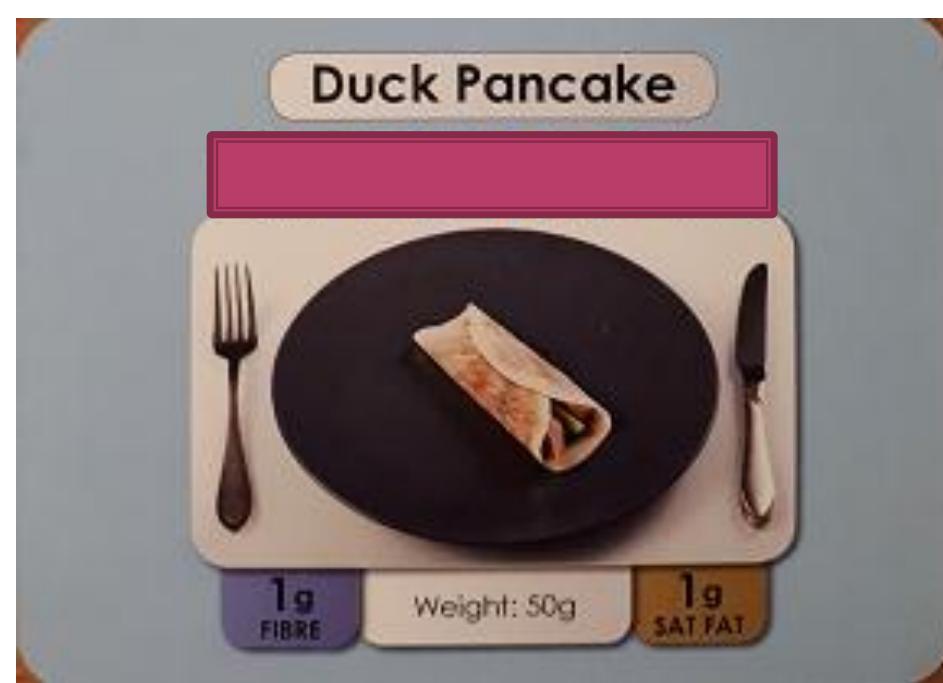
- ▶ Ensure it is deemed medically safe for you to consume alcohol
- ▶ Glucagon will not treat alcohol induced hypos
- ▶ Carry ID
- ▶ Know your drinks – alcohol/carb content
- ▶ Educate your friends/family
- ▶ Eat! – think carbs
- ▶ Be prepared – meter, hypo kit, have a plan in case
- ▶ Test your blood
- ▶ 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!



# Play Your Carbs Right!

## Duck Pancake

14g  
CARBS

125  
CALORIES

7g  
PROTEIN

5g  
SAT. FAT



1g  
FIBRE

Weight: 50g

1g  
SAT. FAT

## Prawn Crackers

0g  
FIBRE

Weight: 35g

1g  
SAT. FAT



# Play Your Carbs Right!

## Prawn Crackers

20g  
CARBS

200  
CALORIES

0g  
PROTEIN

14g  
FAT



0g  
FIBRE

Weight: 35g

1g  
SAT. FAT

## Pepperoni Pizza (thin crust)



Weight: 115g

# Play Your Carbs Right!

## Pepperoni Pizza (thin crust)

36g CARBS

416 CALS



Weight: 115g

## Chicken Burger

2g  
FIBRE

Weight: 168g

3g  
SAT FAT



# Play Your Carbs Right!

## Chicken Burger

44g  
CARBS

398  
CALS

23g  
PROTEIN

16g  
FAT

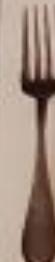


2g  
FIBRE

Weight: 168g

3g  
SAT FAT

## Beef Burger (with cheese)



Weight: 181g

# Play Your Carbs Right!

**Beef Burger (with cheese)**

31g CARBS

521 CALS



Weight: 181g

**Fish**



Weight: 330g

# Play Your Carbs Right!

Fish

33g CARBS

766 CALS



Weight: 330g

Profiteroles



Weight: 80g

# Play Your Carbs Right!

## Profiteroles

20g CARBS

277 CALS



Weight: 80g

## Lentil Curry (with Brown Rice)



6g  
FIBRE

185g curry,  
95g rice

10g  
SAT FAT

# Play Your Carbs Right!

## Lentil Curry (with Brown Rice)

49g  
CARBS

400  
CALORIES

11g  
PROTEIN

19g  
FAT



6g  
FIBRE

185g curry,  
95g rice

10g  
SAT. FAT

## Chocolate Muffin

Weight: 105g

# Play Your Carbs Right!

Chocolate Muffin

55g CARBS

404 CALS



Weight: 105g

Chips



Weight: 130g

# Thank You!

Any More Questions???