

22 - Alcohol: wine, cocktails, beer and spirits

Although ethanol (alcohol) provides calories (7 kcal/g), it does not have any nutritional function and is therefore not indispensable. **Quantities:** one glass means 125 mL for wine, 40 mL for spirits and 330 mL for beer.

Alcohol: when and whether to drink it



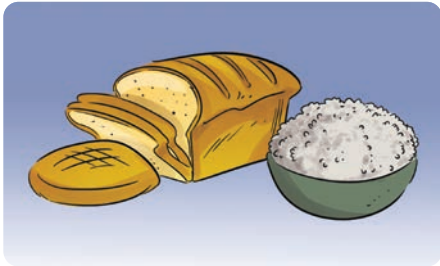
Ethanol is a potentially toxic molecule for the body and its abuse can cause significant liver, neurological and psychological damage.



Its consumption can be tolerated provided it does not exceed 2 small glasses for a man and 1 for a woman (approximately 20 g of alcohol for men and 10 g for women).



Drink on a full stomach, because this reduces the speed with which the alcohol is absorbed and avoids the blood glucose lowering effect.



If you drink alcohol, you must also eat food containing slow-release carbohydrates like bread, pasta, crackers, breadsticks, rusks, potatoes, pulses, etc.



People who are overweight, obese or have hypertriglyceridaemia (high triglyceride values) should eliminate alcohol from their diet and consult their diabetes specialist or dietician.



Bear in mind that some spirits and cocktails contain a considerable quantity of sugar, which can affect blood glucose levels.

Wine and beer



Although beer is "lighter", it still contains between 3.5 g of sugar per 100 mL and 8 g for double malt beers.



"Low-alcohol beers" do not have any benefit for people with diabetes, because although they contain less alcohol their sugar content is higher.



Red wine, in the indicated amounts, would appear to be a more favourable source of alcohol than other beverages.