REACHING YOUR GOAL:
Being in control of alcohol intake

Overview
When a person chooses to drink alcohol, they should learn some helpful tips to control their blood sugar levels and prevent alcohol abuse. Every person needs to pay special attention to how much they drink, when they drink and why they drink alcohol.

OBJECTIVE: Explain how to control alcohol intake

Getting started
By using these simple tips, you will learn how to be more in control of your drinking. You will also learn how to avoid any problems connected with drinking alcohol.

- Plan how much you will drink before you go out.
- Look for problems that could arise and try to avoid them.
  - If you are pressured because you do not drink, do not be afraid to make your feelings known.
  - Remember parties are for having fun, not for drinking alcohol.
  - Do not use alcohol to avoid stress.
  - Do not get into the habit of drinking every time you go out.
  - Do not get into the habit of drinking at a certain time of the day.
- If you choose to drink, do not drink on an empty stomach. Eat some food with your drink. This will decrease the risk of low blood sugars.
- It is best to avoid drinks with sweet liqueurs, cordials and most frozen drinks. These drinks contain high amounts of sugar.
- Slow down! Limit your drinks to 1-2 per day.
- Sip your drink. Do not quench your thirst with alcoholic drinks. Try water, seltzer or sugar-free soda.
- Have 1 alcoholic drink. Then with your next drink, skip the alcohol. After that, have your second alcoholic drink. Remember to limit your alcoholic drinks to no more than 1-2 per day.
- If you are taking medicines of any kind, discuss whether you should be drinking alcohol with your doctor.
- Check with your dietitian to see how alcohol fits into your meal plan.
  - Go to places where alcohol is not served.
- Never drink and drive. Never ride with a person who has been drinking too much.
- Avoid alcohol if you are pregnant.
- Always carry an I.D. about your diabetes in your purse or wallet.

**How can your doctor help you?**
If you think you have an alcohol problem, get help. Ask your doctor to refer you to an alcohol treatment program. You can look in your local phone book for support groups such as Alcoholics Anonymous. Do not wait until the problem is out of control. Remember, an entire family suffers when one member of the family has a drinking problem.

The less you drink, the better you feel. Drink in moderation. It can be done.

Talk with your doctor about finding a behavioral health specialist.

**QUIZ**

**QUESTIONS**

1. Which of the following is not a technique for controlling drinking?
   a) Look for potential problems and try to avoid them
   b) Plan how much you will drink beforehand
   c) Slow down and limit drinks to 1-2 per day
   d) Drink on an empty stomach

2. True or False: You should always carry identification and information about your diabetes in your purse or wallet

3. If you have an alcohol dependency problem, you should get ________ help.

**ANSWERS**

1. d

2. True

3. professional