

Drinking and type 2 diabetes

Water

The most commonly available and highly recommended drink in the world is good old water. It is important to drink from 3-6 liters of water everyday depending on the weather, level of physical activity and health condition. Do not wait until you are thirsty to drink water. Tips to help you drink more water include:

- Use a portable water bottle filled with water all the time.
- Put a glass of water in front of you while you are at work to remind you to drink water
- Drink water before and after every meeting with friends and colleagues

Beverages

Beverages like coffee, tea, cocoa etc make up an important component of our diets every day. Important things to consider when choosing beverages include:

- Your personal preference: some prefer cold, warm or hot beverages and prefer certain types. For instance, there are coffee drinkers, tea drinkers etc
- **Sugar content:** always opt for beverages without sugar. For instance, opt for plain black coffee instead of latte or cappuccino. Opt for unsweetened hot chocolate instead of the sweetened version. Opt for green tea instead of Consider using fruits and spices to add some taste to plain drinks.
- Dairy content: this is important for vegans and people with lactose intolerance or casein allergy.

Depending on your personal preference

Alcohol

There is so much controversy regarding drinking alcohol for persons living with type 2 diabetes. However, based on the Mediterranean style eating pattern which allows drinking of wines in moderate quantity, the recommendation is to limit drinking of wine ;as follows:

Wine at one glass a day for females/ two glasses a day for males

Important things to note about alcohol are:

- ❖ Excessive consumption of alcohol increases the risk of developing type 2 diabetes as well as complications related to diseases of the heart and blood vessels
- ❖ Alcohol may enhance weight gain
- ❖ Alcohol may lower blood sugar. Therefore, alcohol should not be taken on an empty stomach, before or during exercise. It is important to monitor blood sugar when drinking alcohol. This will help detect when blood sugar levels are low and make the needed

adjustments in insulin or other glucose lowering medications that promote the secretion of insulin