

PARTIES AND CELEBRATIONS

Diabetics can and should be able to enjoy parties like other people. The only thing is, they must bear in mind the following points:

Recommendations regarding drinking

- You can drink as much water, tea, coffee and diet or sugar-free soft drinks as you like. But if you have high blood pressure, don't drink too many fizzy drinks and don't have more than 2 or 3 cups of coffee or tea a day.
- Normally you will be able to have alcoholic drinks in moderate amounts with meals. It is best to stick to drinks with a low alcohol content and ones that are "dry" (dry wine, brut sparkling wine or champagne). Beer contains a lot of sugar, so don't have too much.

Recommendations regarding appetizers

- Choose products with little sugar and fat. Avoid crisps, canapés, biscuits, fried foods and foods cooked in batter.
- If you have high blood pressure, avoid pickled foods, tinned sausage meats, olives, crisps and similar items.

Recommendations regarding sweet foods and sweeteners

- You can use a saccharin-type sweetener.
- Avoid deserts that are fatty or have too much sugar.
- If you need to eat a ready-prepared desert, eat only a small amount and always at the end of a meal instead of fruit.



Ramadan

If you are diabetic, you cannot fast during Ramadan. As you know, the Koran says that if fasting might be harmful for someone, they should not do it. Fasting during Ramadan could damage your health, as you would be at greater risk of becoming dehydrated and undergoing big variations in your blood sugar level. The risk involved is even greater if you inject yourself with insulin or take any kind of pills to treat your diabetes.

If, in spite of everything, you do decide to fast during Ramadan, there are certain things you must do:

Before Ramadan you should:

- 1-2 months beforehand, you should try to get your blood sugar level and metabolic control as good as possible.
- You should be able to recognise the symptoms of hypoglycaemia (too big a drop in your blood sugar level), be able to test your own blood sugar level, and plan your meals, physical activity and when you take your pills. If you have any queries, see your doctor or nurse.

Diabetes Education

During Ramadan you should:

- Test your blood sugar level frequently. This is the best way to prevent most of the complications that could occur during Ramadan.
- Avoid foods that are rich in quickly absorbed carbohydrates (sugar, honey, sweets, fruit juices, ice cream) and fats. Eat complex carbohydrates (bread, potatoes, pasta, rice, pulses) before sunrise and at night.
- Drink plenty of liquid.
- Carry on your normal activity and avoid too much physical exercise.
- Break your fast whenever your finger-prick test tells you that your blood sugar level is under 60 mg/dl or over 300 mg/dl.

