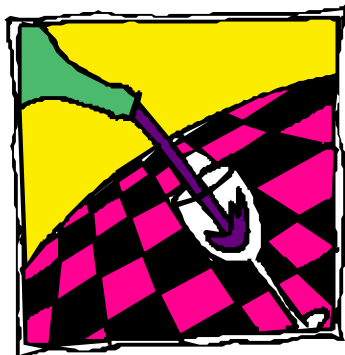


General Guidelines for the Use of Alcohol



Talk with your doctor and dietitian if you plan to drink alcohol. Your doctor can tell you about the effects of alcohol on your diabetes. Your dietitian can help you adjust your eating plan.

Risks of Drinking Alcohol.

- Low blood sugar (hypoglycemia). This can occur up to 12-16 hours after drinking if you eat little or no food.
- Low blood sugar reactions may be harder to recognize.
- Changes in blood sugar control.
- Weight gain.

How Much To Drink.

- Limit alcohol to two servings per day. One serving =
 - 1 1/2 oz. distilled spirits (whiskey, rye, vodka or gin)
 - 4 oz. dry wine
 - 12 oz. beer
- Sip slowly and make the drink last a long time.

What to Drink.


Ask your dietitian to help you if you plan on adding alcohol into your diet. Both the carbohydrate and the calories need to be counted.

Light, dry wines have less carbohydrate and alcohol than sweet dessert wines.

Drink liqueurs sparingly. They contain too much sugar (up to 50%) and too much alcohol (up to 50%).

“Lite” or “near” beer has less calories and alcohol than regular beer.

Precautions.

- Never drink before driving. 
- Drink alcohol with meals or snacks that contain carbohydrate. Low blood sugar can occur very fast if you drink on an empty stomach.
- Alcohol can interact with some drugs -- prescription and non-prescription. Drinking alcohol when taking some diabetes medicines can cause dizziness and flushing of the face.
- Signs and symptoms of low blood sugar and being “drunk” are almost the same.
- Drink with someone who:
 - knows you have diabetes
 - will notice low blood sugar symptoms
 - can treat a low blood sugar reaction

Choose:

- carbohydrate-free mixers
- club soda
- water
- diet soda pop
- diet tonic

Limit:

- high carbohydrate mixers
- prepared cocktail mixes
- juice
- regular soda pop
- tonic

Check Your Blood Sugar:

- Before and 1 hour after you have a drink
- Before you go to bed
- At 3:00 a.m. Correct a low blood sugar with food.
- At your normal “wake-up” time.
Correct low blood sugar by adjusting food or insulin as indicated by your health care provider.



**Always wear
an ID stating
you have
diabetes.**

Alcoholic Drinks			
Beverage	Amount	Carbohydrate	Calories
Distilled Spirits			
Rum, vodka, whiskey (80 proof)	1 1/2 oz.		97
Gin (90 proof)	1 1/2 oz.		110
Liqueurs			
Creme de menthe	1 1/2 oz.	21	186
Cocktails			
Gin and tonic	7 1/2 oz.	16	171
Martini	4 oz.	<1	250
Pina colada	4 1/2 oz.	40	262
Whiskey sour	4 oz.	7	164
Wine			
Dessert, dry	4 oz.	3	88
Dessert, sweet	4 oz.	14	180
Table, all types	4 oz.	2	82
Wine cooler	12 oz.	30	215
Beer			
Regular	12 oz.	13	146
Lite	12 oz.	5	100
Near	12 oz.	12	60