

ALCOHOL AND DIABETES

Drinking too much alcohol is dangerous for everyone. As a person with diabetes, you should also **be aware that alcohol can cause hypoglycemia (low blood sugar)**, especially if consumed without food.



Alcohol can also be high in calories. If you choose to drink an occasional alcoholic beverage, you can usually do so safely *if* simple guidelines are followed:

Check with your doctor prior to drinking alcohol. If alcohol is allowed for you – use **only in moderation.**

Moderation is considered 1 serving a day for women and 2 servings a day for men.

1 serving of alcohol = 12 oz. of light beer, or = 1.5 oz. of hard liquor, or = 5 oz. of dry wine

Caution:

- Alcohol can cause low blood sugar from 6 to 36 hours after its consumption, and the chance of low blood sugar is high in someone who eats minimally during the day and has a drink before or with dinner.
- Drink alcohol **only** with a meal or snack. Alcohol can cause low blood glucose. **Do not drink on an empty stomach!**
- If you are trying to lose weight, alcohol can add unnecessary calories.
- Avoid sweet wines, liqueurs and sweetened mixed drinks because of the high sugar content. Acceptable mixers are diet carbonated beverages, club soda, mineral water or diet tonic.
- Alcohol may be contraindicated with certain oral medications. Check with your doctor or a pharmacist.