Alcohol and Diabetes

Caution:
• Be aware that alcohol can cause hypoglycemia (low blood sugar).
• If you choose to drink, be sure you eat.
• Do not drink on an empty stomach.
• Alcohol adds calories.

Tips:
• Avoid sweet wines, liqueurs and sweetened mixed drinks because of high sugar content.
• Acceptable mixers are diet carbonated beverages, club soda, mineral water or diet tonic.

⚠️ Check with your doctor prior to drinking alcohol.