

Alcohol Precautions

Alcohol can make your blood glucose go high or low. Your liver cannot release glucose into your blood stream while it is breaking down alcohol.

Do not skip meals when you drink alcohol.

Eat a snack if drinking between meals.

Alcohol and non alcoholic drinks can add many calories.

Alcohol can cause your blood fat triglycerides to rise.

If you have **Type 1 diabetes** with ***normal weight***, alcohol may be taken in addition to your meal plan.

Do not take extra insulin for the carbohydrates in alcohol.

Alcoholic drinks are an addition to the food/meal plan.

No food should be omitted because of the possibility of alcoholic induced hypoglycemia.

The best choices are light beer, dry wine, or unsweetened liquor with plenty of low calorie mixer.

Unsweetened liquor includes brandy, gin, rum, vodka, or whiskey.

One drink equals 1 ½ ounces of liquor,
4 ounces of wine, or
12 ounces of beer.



Drink	Ounces	Carbs	Calories	Choice
Brandy, gin, rum, vodka, whiskey	1.5 oz	0 gms	100	2 fats
Dry wine	4 oz	0-2 gms	80-85	2 fats
Sweet wine	4 oz	5 gms	105	2 fats, ½ starch
Light beer	12 oz	5 gms	100	2 fats
Regular beer	12 oz	13 gms	150	2 fats, 1 starch