

Alcohol and Diabetes

Yes, a person with diabetes can drink a little bit of alcohol BUT ONLY if:

- Their diabetes is well-controlled.
- They have talked with their doctor about drinking alcohol.
- They know how alcohol can change their blood sugar.
- They are not pregnant or nursing.

How much can I drink?

Talk with your doctor about what is OK for you to drink. How much you can drink is different for men and women. Men should not drink more than 2 drinks a day and women should have no more than 1 drink a day.



One drink equals:



12 oz beer



5 oz wine



1.5 shot or mixed drink

How does alcohol change your blood sugar?



- Alcohol can cause low blood sugar, but beer, sweet wines, and sweet mixed drinks can cause high blood sugar. Test your blood sugar before and after you drink.
- Ask your doctor if it's OK to mix alcohol with your medicines. Mixing your medicines (insulin or pills) with alcohol may cause low blood sugar.
- Drinking alcohol on an empty stomach can cause low blood sugar for up to 8-12 hours. It is important to eat while you are drinking.
- Alcohol has extra calories that may cause weight gain and worsen your diabetes control.

Alcohol can be bad for your:

- Blood pressure
- Liver
- Kidney
- Heart
- Nerves
- Eyes

Alcohol can also worsen Erectile Dysfunction (problems with erections).

Here are some tips to help you drink less alcohol:

- Mix diet soda, water, ice, or club soda (mineral water) with alcohol
- Try light beer and dry wines that have less alcohol, calories, and carbohydrates
- Drink a non-alcoholic beverage after each alcoholic drink
- Try sparkling water (mineral water) with a twist of lime or lemon