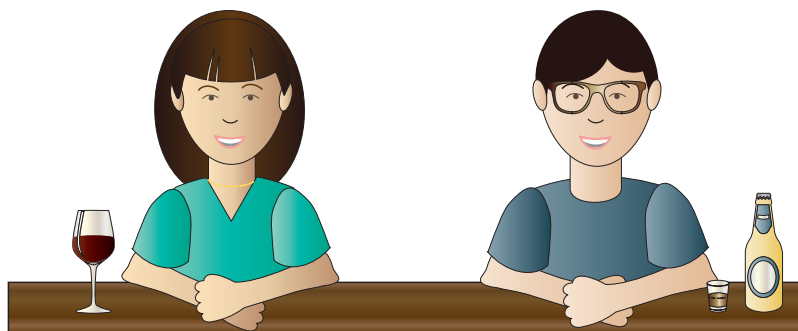


## IS IT SAFE TO DRINK ALCOHOL?

If you have diabetes, drinking alcohol can cause your blood sugar to either rise or fall. Always check with your doctor to make sure alcohol is safe for you. Alcohol affects other medical conditions, like diabetic nerve damage, diabetic eye disease, high blood pressure, high blood triglycerides, etc.

## HOW MUCH ALCOHOL CAN I DRINK?

Limit alcohol intake to no more than:



One serving per day  
for women

Two servings per day  
for men

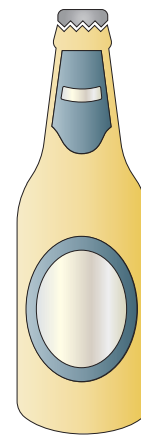
One serving size of alcohol equals:



5 ounces of  
dry wine



1½ ounces of  
distilled spirits (such  
as rum, whiskey,  
gin, etc.)



12 ounces  
of light beer

## WHY TO AVOID ALCOHOL

---

- Alcohol is high in calories and low in nutrients. Alcohol may impair your judgment in making healthy food choices.
- Alcohol use can also lead to high blood pressure, elevated blood fats, or triglycerides, which raises your risk for heart disease.
- Alcohol can make blood sugar hard to control.
- Alcohol may lead to low blood sugar levels for people who take insulin injections or diabetes medications.

## SAFETY TIPS

---

Alcohol consumption can be incorporated into your meal plan when blood sugar levels are well controlled.

- Drink alcohol only with food.
- Drink slowly.
- Do not drink more than two drinks of alcohol in a one-day period if you are a man, or one drink if you are a woman.
- Always wear a medical alert piece of jewelry that says you have diabetes.
- Test blood sugars and carry fast-acting sugar source (ex: glucose tabs).
- Avoid high sugar mixers; choose diet sodas, diet juices, diet tonic water and club soda instead.
- Choose light beer instead of regular beer.
- Choose dry wines instead of sparkling wines, dessert wines, sweet wines and wine coolers.