

# Alcoholic Beverage for Diabetes

## Information:

- **Alcohol**- 7 calories per gram, calculated as a Fat
- If using sulfonylurea then antabuse reaction
- Alcohol inhibits gluconeogenesis



## What can I do to avoid Hypoglycemia?



- Consume with a meal or snack, never delay regular meal or snack time
- If meal plan delayed, increase snack to accommodate for alcoholic beverage
- **Avoid** beer, liqueurs, sweet wines, mixed drinks, high sugar content=hyperglycemia
- May add small amounts of alcohol, dry wine in cooking, alcohol evaporates, flavor remains

## Amount/Alcohol/Equivalent:

- **8 oz. Ale, Mild** = 1/2 Bread/1 1/2 Fat
- **12 oz. Beer/3 1/2 oz. Port or Muscatelle Wine** = 1 Bread, 2 Fats
- **1 oz. Brandy, Cognac, 6 oz. Fermented Cider** = 1 1/2 Fats
- **2/3 oz. Curacao, Cordials, Anisette, Apricot brandy, Creme de Menthe, Benedictine** = 1/2 Bread, 1 Fat
- **3 1/2 oz. Daiquiri** = 1/2 Bread, 2 Fats
- **1 1/2 oz. Liquor (80% Proof)**-gin, scotch, rum, whiskey, vodka = 3 Fats
- **3 1/2 oz. Manhattan** = 1/2 Bread, 3 Fats
- **3 1/2 oz. Martini** = 3 Fats
- **4 oz. Old Fashioned** = 1/4 Bread, 3 1/2 Fats
- **10 oz. Tom Collins, Regular Mixer** = 1/2 Bread, 3 1/2 Fats
- **10 oz. Tom Collins, Artificially Sweetened** = 3 1/2 Fats
- **2 oz. Dry Sherry** = 1/4 Bread, 1 1/2 Fats
- **3 1/2 oz. Wines, dry table-12% Alcohol, Champagne, Sauterne, Claret, Chablis**= 1/4 Bread, 1 1/2 Fats



## What do I need to do?

- **See your Health Care Provider**
- **See a Registered Dietitian or a Food Fitness First RD- on line**
- If a problem seek help or AA

