

# Alcoholic Beverages for Diabetes



## Information:

- Alcohol - has 7 calories per gram.
- If you are trying to limit calories or lose weight, try to avoid alcohol.
- Alcohol can cause flushing or anti-buse effect when you are taking sulfonylurea diabetes medications - be sure to ask your doctor.
- Alcohol inhibits gluconeogenesis- the body's ability to release glucose in the body.



## What can I do to avoid changes in my Blood Sugars?

- Consume alcohol with a meal or snack, never delay regular meal or snack time.
- If meal is delayed, add a snack to accommodate for alcoholic beverage.
- Avoid alcohol with high sugar content (sweet wines, liqueurs, drink mixers made with sugar like soft drinks); this can cause high blood sugars.
- Cooking with small amounts of alcohol will not effect your blood sugars as the alcohol will evaporate and the flavor remains.
- Moderate amounts of alcohol may cause the blood sugar to rise while excessive amounts of alcohol may decrease the blood sugar; the blood sugar may drop to dangerous levels. (Inhibits Gluconeogenesis)
- Moderation is the key- research states that alcohol may reduce the risk of heart disease.
- One drink equals- 1 1/2 oz. distilled spirits (brandy, gin, liqueur, rum, tequila, vodka, whiskey, etc.).
- Guidelines suggest: Women should have < 1 drink per day and Men < 2 drinks per day.
- Never drink on an empty stomach or when your blood sugar is low.
- Do not replace alcohol for food when carbohydrate counting. Alcohol absorbs more like fat, not carbohydrates.
- Hypoglycemia symptoms include dizziness, sleepiness, sweating, shaking and disorientation and can be different for each person.



## What do I need to do?

- See your Health Care Provider/Physician and ask amount whether alcohol is safe, how much and what changes need to be made in your diet plan.
  - Always wear an ID bracelet that notes you have diabetes.
  - When mixing drinks with alcohol always use a sugar free beverage to keep yourself hydrated. Do not drive or plan to drive after drinking alcohol.
  - See a Registered Dietitian or a Food Fitness First® RD - Online
  - If a problem seek help or AA.

