

# Alcoholic Beverages for Diabetics



## Information:

- \*Alcohol- 7 calories per gram, calculated as a Fat
- \*Obese patients should limit
- \*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

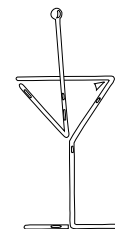
\*2 oz. Dry Sherry = 1/4 Bread, 1 1/2 Fats

\*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 Physician
- \*See a Registered Dietitian, see FFF RD on line
- \*If a problem seek help or AA



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