

Alcohol and Diabetes

- Some diabetes medications conflict with alcohol
- ADA recommends daily intake of no more than 2 drinks day for men & 1 drink a day for women*
- Do not drink on an empty stomach
- Monitor yourself for low blood sugars
- Alcohol adds calories



*1 Drink = 12 oz. beer, 4-5 oz. wine or 1½ oz. liquor



Check with doctor prior to drinking alcohol.

Tips:

- Avoid sweet wines, liqueurs and sweetened mixed drinks because of high sugar content.
- Acceptable mixers are diet carbonated beverages, club soda, mineral water or diet tonic

Beverage	Serving Size	Carbohydrates	Calories
Beer			
Regular	12 oz	14 g	151 cal
Lite	12 oz	6 g	90 cal
Extra Lite	12 oz	3 g	70 cal
Non-alcoholic	11 oz	10 g	50 cal
Liquor			
Gin, Rum, Vodka, Whiskey, Tequila	1-1/2 oz.	0 g	107 cal
Wine			
Red, Rose, Dry White	4 oz	0.4-1 g	85 cal
Sweet Wine	4 oz	5 g	102 cal
Champagne	4 oz	12 g	132 cal
Other			
Margarita	12 oz	48 g	450 cal
Wine Coolers	12 oz	22 g	192 cal
Pina Colada	12 oz	85 g	648 cal