

ALCOHOL AND DIABETES

WHEN TO CONSUME ALCOHOL:

- Diabetes is in good control
- No alcohol problems
- Not during pregnancy
- Triglycerides are in the right range
- Blood pressure is in good control
- Reasonable body weight



CONSUME ALCOHOL IN MODERATION:

- Moderate consumption is no more than 1 alcohol equivalent per day
 - 1 alcohol equivalent = 4 oz. wine
 - = 1 ½ oz. hard liquor
 - = 12 oz. beer
- Avoid sweet wines, liqueurs and sweetened mixed drinks.
- Try a wine spritzer made with club soda or a diet soft drink.
- Be aware of the caloric content of alcoholic beverages.
- Cooking with alcoholic beverages is permissible as long as all of the alcohol evaporates.

HAZARDS OF ALCOHOL FOR PEOPLE WITH DIABETES:

- More frequent low blood sugar reactions (*hypoglycemia*).
- Alcohol on the breath can mask detection of low blood sugar reactions or ketoacidosis.
- Interaction between alcohol and certain oral medications and insulin.
- Excess stress on the pancreas.
- Worsening of diabetes complications such as nerve disease and high blood pressure.

