

# Alcohol and Diabetes: A Look at Your Liquor

## Facts about alcohol:

- Alcohol is high in calories and low in nutrients. When the liver breaks down alcohol, it turns into fat which can cause weight gain and raise blood fat levels.
- Alcohol may increase the risk of low blood sugar in people taking certain diabetes medications. Normally, the liver releases glucose to maintain blood sugar levels. But when you drink liquor, the liver is busy breaking the alcohol down, so it does a poor job of releasing glucose into the bloodstream. This can lead to a drop in blood sugar levels if you are drinking alcohol on an empty stomach.

## Safe drinking tips:

- Check with your medical provider to see if it is safe for you to drink alcohol.
- If you choose to drink alcohol, limit the number of drinks to two per day if you are a man and one per day if you are a woman. One serving size equals 12 ounces of beer, 4-5 ounces of wine, or 1½ ounces of distilled spirits (such as rum, gin, whiskey, etc.)
- If you have diabetes:
  - Wear your medical ID bracelet at all times.
  - Always consume alcohol with a meal that contains carbohydrates. Never skip meals or substitute alcohol for a meal.
  - Carry a carbohydrate source like glucose tablets, fruit juice, or hard candy just in case of a low blood sugar.
  - Test your blood sugar more often. The effects of alcohol can make it harder for you to detect symptoms of a low blood sugar.

## How much is considered one drink?

This table lists popular alcoholic beverages and gives the average serving size, carbohydrate content, and number of calories.

Beverage	Serving Size	Carbohydrate (grams)	Calories
<b>Beer</b>			
Regular beer	12 oz	13	150
Light beer	12 oz	5	100
Non-alcoholic beer	12 oz	12	60

<b>Beverage</b>	<b>Serving Size</b>	<b>Carbohydrate (grams)</b>	<b>Calories</b>
<b>Wine</b>			
Dry White, Red, Rose	4 oz	trace	80
Sweet wine	4 oz	5	105
Wine cooler	12 oz	30	215
<b>Sparkling Wines</b>			
Champagne	4 oz	4	100
Sweet kosher wine	4 oz	12	132
<b>Appetizer/Dessert Wines</b>			
Sherry	2 oz	2	74
Sweet Sherry, Port	2 oz	7	90
Cordials, Liqueurs	1 ½ oz	18	160
<b>Distilled Spirits</b>			
80-proof Gin, Rum, Vodka, Whiskey, Scotch	1 ½ oz	trace	100
Dry Brandy, Cognac	1 oz	trace	75
<b>Cocktails</b>			
Bloody Mary	5 oz	5	116
Daiquiri	5 oz	10	281
Gin and Tonic	7 ½ oz	16	170
Manhattan	2 oz	2	178
Margarita	6 oz	29	205
Martini	2 ½ oz	trace	156
Pina Colada	4 ½ oz	32	245
Tom Collins	7 ½ oz	3	120
Whiskey Sour	3 ½ oz	14	162
<b>Shooters</b>			
Amaretto Sour	1 ½ oz	19	118
Fuzzy Navel	1 ½ oz	7	120
Kamikazi	1 ½ oz	2	150
Mud Slide	1 ½ oz	17	160
Turbo	1 ½ oz	3	110
<b>Mixers</b>			
Non-caloric mixers (mineral water, sugar-free tonic, club soda, diet soda)	any	0	0
Tonic water	4 oz	11	41
Tomato juice, Bloody Mary mix	4 oz	5	25
Juice (orange, grapefruit, pineapple)	4 oz	15	60

**Please remember to drink responsibly,  
and have a designated driver!**