

DIABETES & ALCOHOL

WHAT IS ALCOHOL? The intensity of alcohol's effect on the body is directly related to the amount that is consumed. Individual reactions to alcohol vary from person to person and are influenced by: gender, age, physical condition, amount of food consumed before drinking, the speed at which it was consumed, use of drugs, and family medical history.



It takes 60 minutes for your body to process 1 oz. of alcohol. A standard drink is equal to 14.0 grams (0.6 oz.) of pure alcohol. That equals 5 oz. of wine, a 1.5 oz. shot and 12 oz. of beer.



Below is a list of the top 10 things to remember when you are planning for a night out that includes alcohol consumption.

- 1 Talk to your doctor**
Be sure to get your medical team's recommendations about whether drinking alcohol is safe for you.
- 2 Glucagon will not help treat alcohol-induced hypoglycemia**
After 1 or 2 drinks, your liver's primary function is cleaning the alcohol from your blood, not producing and release glucose. Glucagon will not work until your liver is finished with this process.
- 3 Carry identification (medial alert, wallet card, etc.) that says you have diabetes.**
- 4 Know your drinks**
Know the alcohol level of beer and wines, the proof of distilled spirits as well as the carbohydrates in juices, sodas and mixers.
- 5 Educate your drinking buddies**
Your drinking buddies should have a working understanding of type 1 diabetes. They should know you have diabetes and what to do in an emergency, especially because intoxication can look like hypoglycemia.
- 6 Eat a snack**
Never drink on an empty stomach. Once you start drinking, your liver will stop producing glucose and you'll need it from food to prevent hypoglycemia.
- 7 Be prepared**
Bring your blood testing kit. Bring glucose tabs or gels. Make sure your drinking buddies know what to do if you go low. Have a plan to get home.
- 8 Check your blood sugar**
You know why, just do it.
- 9 Exercise & alcohol don't mix**
Both exercise and drinking lower blood sugar levels. Dancing counts as exercise!
- 10 After the party**
Remember alcohol can lower your blood sugar hours after you've consumed it. Before you go to bed, check your blood sugar and have a snack to be safe. If you drank a lot, consider setting an alarm to wake you up to test your blood sugar in the middle of the night.

Cheers!

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ALCOHOL CARB COUNTS

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Beverage	Serving Size	Calories	Carbs (g)
Beer			
Regular beer	12 oz	150	12
Light beer	12 oz	100	5
Non-alcoholic beer	12 oz	60	12
Wine			
Champagne	4 oz	100	4
Sweet wine	5 oz	130	6
Dry White, Red, Rose	5 oz	100	trace
Sweet kosher wine	5 oz	165	15
Wine cooler	12 oz	215	30
Appetizer/Dessert Wines			
Sherry	2 oz	74	2
Sweet Sherry, Port	2 oz	90	7
Cordials, Liqueurs	1 ½ oz	160	18
80-proof Gin, Rum, Vodka, Whiskey, Scotch	1 ½ oz	100	trace
Dry Brandy, Cognac	1 oz	75	trace
Cocktails			
Bloody Mary	8 oz	130	9
Daiquiri	8 oz	240	32

Beverage	Serving Size	Calories	Carbs (g)
Gin and Tonic	6 oz	174	11
Margarita	8 oz	240	36
Martini	2 ½ oz	156	trace
Pina Colada	8 oz	436	56
Tom Collins	8 oz	120	3
Whiskey Sour	4 oz	186	16
Shooters			
Amaretto Sour	1 ½ oz	118	19
Fuzzy Navel	1 ½ oz	120	7
Kamikazi	1 ½ oz	150	2
Mud Slide	1 ½ oz	160	17
Turbo	1 ½ oz	110	3
Mixers			
Non-caloric mixers (mineral water, sugar-free tonic, club soda, diet soda)	any	0	0
Tonic water	4 oz	41	11
Tomato juice (Bloody Mary mix)	4 oz	25	5
Juice (orange, grapefruit, pineapple)	4 oz	60	15