How much can I drink?
One drink a day for men and women. Two drinks a day for men (only men) may also be OK.

How to drink alcohol:
- Drink with a meal or with foods high in carbohydrate
- Drink slowly and don’t drink alone
- Check your blood sugar often
- Always have a low blood sugar snack handy
- Make sure someone with you knows you have diabetes

If you drink, remember:
Alcohol can cause a sudden drop in blood sugar, especially in type 1 diabetes. There may be no warning. You could even pass out.

Summary:
If you don’t drink alcohol now, don’t start. No one needs to drink alcohol. If you do drink alcohol, it is always best to drink only a small amount.

Talk to your doctor or diabetes educator for more information.