ALCOHOL AND DIABETES

Drinking alcohol may be OK if you can answer YES to the following:

1. My blood sugar is under good control
   YES ☑

2. I know how to avoid (prevent) and treat low blood sugar
   YES ☑

3. My doctor or the diabetes clinic says it is OK to drink alcohol
   YES ☑

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.