

DRINKING WITH DIABETES

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HOW DOES ALCOHOL AFFECT YOUR BODY?

Alcohol drops blood sugar levels, increasing the risk for hypoglycemia. It is important to check your blood sugar levels regularly and plan ahead if you are going to be drinking.

SAFE DRINKING

1 Know the Signs. Teach your friends the signs of hypo and hyperglycemia. Share your CGM data with them. Teach them how to treat your symptoms

2 Always Eat. Eat before, during, and after drinking, Have a snack high in protein before going to bed so you don't drop low during the night. Set an alarm to check your blood sugar.

3 Adjust your Insulin. Talk to your endocrinologist about how drinking affects your blood sugar.

4 Plan for Cardio. Plan if you are going to be active while drinking - dancing, walking a lot, or anything that increases your heart rate. You might need to adjust your insulin dose or eat extra carbs.

5 Alternate Drinks. Switch between alcoholic and non-alcoholic drinks. This will help keep you hydrated and avoid health complications.

KNOW THE CARB COUNT



White wine
5oz = 3-4 carbs



Ale
12oz = 5 carbs



Red Wine
5oz = 3-4 carbs



Guinness
12oz = 10 carbs



Champagne
4oz = 1 carbs



Margarita
4oz = 7.5 carbs



Regular Beer
12oz = 13 carbs



Piña Colada
4.5oz = 32 carbs



Light Beer
12oz = 4.5 carbs



Liquor
oz = 0 carbs