

Got diabetes? Choosing to drink alcohol? Read on...

- ▶ Always drink on a full stomach or eat while drinking.
- ▶ Check, check, and then check some more - before, during, and after you drink.
- ▶ Try dosing insulin for fewer carbohydrates than you consume. This may give you a safety net so your blood sugar doesn't drop too low.
- ▶ Eat a big snack with plenty of protein and some fat before heading to bed.
- ▶ Wear your medical ID. Really.
- ▶ If you are exercising (dancing, etc), try a basal decrease if you wear a pump or eat extra carbohydrates. Exercise and alcohol can be a recipe for a low blood sugar disaster.
- ▶ Consider alternating non-alcoholic drinks.

Drink	Serving Size	Carb Count
White Wine	5.0 ounces	3.0 - 4.0g
Red Wine	5.0 ounces	3.0 - 4.0g (less if its dry)
Champaign	4.0 ounces	1.0g
Regular Beer	12.0 ounces	13.0g
Light Beer	12.0 ounces	4.5g
Ale	12.0 ounces	5.0g
Guinness	12.0 ounces	10.0g
Appletini	5.0 ounces	8.0g
Margarita	4.0 ounces	7.5g
Pina Colada	4.5 ounces	32.0g
Liqueur (Bacardi Gin Brandy, Rum, Vodka, Whiskey, Tequila)	1.0 ounce	0.0g (it's what you mix with it)