

Alcohol and Diabetes



Caution:

- Be aware that alcohol can cause hypoglycemia (low blood sugar).
- If you choose to drink, be sure you eat.
- Do not drink on an empty stomach.
- Alcohol adds calories.

Tips:

- Avoid sweet wines, liqueurs and sweetened mixed drinks because of high sugar content.
- Acceptable mixers are diet carbonated beverages, club soda, mineral water or diet tonic.



Check with your doctor prior to drinking alcohol.