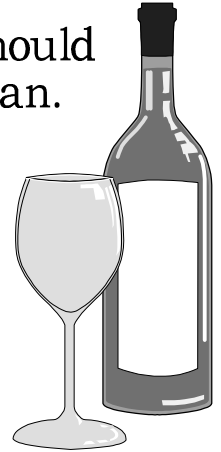


Guidelines for Alcohol Use

Alcohol can be dangerous if not used carefully. It should only be consumed with the consent of your physician.

WARNINGS:

- * Alcohol can cause hypoglycemia
- * Alcohol can cause uncontrolled diabetes to worsen
- * Alcohol can cause side effects when combined with oral hypoglycemic agents
- * Alcohol should be avoided when taking Glucophage (Metformin)



Guidelines for Use:

- (1) Alcohol is considered to be "fat exchanges."
1 alcoholic beverage = 1.5 oz. hard liquor
= 12 oz. beer
= 5 oz. wine
= 2 fat exchanges
- (2) Alcohol should always be consumed with food and never on an empty stomach.
- (3) Blood glucose and blood fats (lipids) should be in good control before consuming.
- (4) Drink in moderation.
- (5) Avoid sweet wines, liquors, and mixed drinks (high simple sugar content).
- (6) Avoid consuming if weight loss is needed (provides empty calories).
- (7) Those who should avoid alcohol consumption include:
those with pancreatitis, gastritis, high triglycerides, and frequent hypoglycemic reactions,
those with a history of alcohol abuse,
those with kidney and heart disease, and
all pregnant women.



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